



- These recipes are for 4 people.
- Quantities are included in the meal plan but not the shopping list. The reason for this is that Ocado won't search for a quantity. Instead cut and paste the list into the search and select the quantity you need. (You only need to do this once, then you can save your list for future)

Green (vegetarian) List 2		
Meal	List	Recipe
Burrata Pomodoro	500g spaghetti Cherry tomatoes 4 garlic cloves 800g chopped tomatoes Dried oregano Fresh basil 2 balls mozzarella or burrata	Green pg 42

Broccoli Stem Fried Rice	2 heads broccoli 4 garlic cloves 8 spring onions 2 carrots 2 fresh red chillies Soy sauce Sesame oil	Green pg 168
Cumin-Spiced Lentils and Potatoes with Spinach and Yogurt	4 potatoes 2 onions 2 tsp ground cumin 12 handfuls frozen spinach, defrosted 800g green lentils 8 dollops natural yogurt	Green pg 132
The Whole Squash Pasta	1 butternut squash 450g pasta Sage leaves	Green pg 120
General Tso's Tofu	Cubed tofu 4 tbsp plain flour 4 garlic cloves 8 spring onions 8 tbsp tomato ketchup Soy sauce Dried chilli flakes Sesame seeds Sesame oil	Green pg 82



spaghetti  
cherry tomatoes  
garlic cloves

chopped tomatoes  
dried oregano  
fresh basil

mozzarella or burrata  
broccoli  
spring onions

carrots  
fresh red chillies  
soy sauce  
sesame oil  
potatoes  
onions  
ground cumin

frozen spinach  
green lentils  
natural yogurt  
butternut squash  
pasta  
sage leaves  
tofu

plain flour  
garlic cloves  
tomato ketchup  
dried chilli flakes  
sesame seeds