



- These recipes are for 4 people.
- This meal plan uses vegetarian recipes from the book with the addition of meat and fish on the side for non-vegetarians.
- 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)

The Green Barbecue		
Meal	List	Recipe
Tuna steaks Moroccan griddled potatoes with olives, chickpeas and preserved lemon.	600g new potatoes 2 tbsp olive oil 1 tsp ground coriander 1 tsp cumin ½ tsp ground turmeric Fresh mint 1 x 400g chickpeas 1 red onion	The Green Barbecue Pg 90

	80g pitted green olives 1 preserved lemon 4 tuna steaks	
Salmon Filets Secret garden whole roasted eggs and new potatoes with salsa verde	600g new potatoes 2 tbsp olive oil 4 eggs Flat leaf parsley Fresh coriander ½ clove garlic 3 tbsp extra virgin olive oil 1 tbsp red wine vinegar 1 tsp dijon mustard 4 salmon filets	The Green Barbecue pg 190
Sea bass Blackened peppers with walnuts chili and fennel seeds rice	50g walnuts 1 tbsp fennel seeds ½ clove garlic Fresh parsley 65ml olive oil ½ tsp chili flakes 3 whole mixed peppers Squeeze of lemon juice 4 x sea bass filets 2x packets of easy cook rice	The Green Barbecue Pg 68
Roast chicken Sesame charred squash with tenderstem, spring onions, orange and ginger	600g squash 200g tenderstem broccoli 2 tbsp sesame oil 1 tsp sea salt flakes 2 cloves garlic ½ tsp chili flakes ½ tsp Sichuan peppercorns 2 tbsp sesame oil	The Green Barbecue pg 88

rice	½ orange 2.5 cm fresh ginger 1 tbsp sesame seeds 3 spring onions 1 whole chicken for roasting 2x packets of easy cook rice	
Chicken (left over from yesterday) Vietnamese griddle tofu with tomatoes and spring onion rice	250 g cherry tomatoes 1 tbsp tomato paste 280g firm tofu 1 lime 4 spring onions 2x packets of easy cook rice	The Green Barbecue pg 100



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 cumin
 ground turmeric
 Fresh mint
 chickpeas
 red onion
 pitted green olives
 preserved lemon

tuna steaks
 eggs
 Flat leaf parsley
 Fresh coriander
 garlic
 extra virgin olive oil
 red wine vinegar
 dijon mustard
 salmon filets

walnuts
 fennel seeds
 chili flakes
 mixed peppers
 lemon juice
 sea bass filets
 Easy cook rice
 Butternut squash
 tenderstem broccoli

sesame oil
sea salt flakes
Sichuan pepper corns
orange

fresh ginger
sesame seeds
spring onions
whole chicken

cherry tomatoes
firm tofu
lime