



- 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)

Speedy Bosh 2		
Meal	List	Recipe
Butternut squash Carbonara	380g Butternut squash 50g Cashew nuts Fresh sage 400g spaghetti Onion Vegetable stock 4 tbsp Nutritional yeast	Speedy Bosh pg 51

Spicy Dan Dan noodles	3 tbsp sesame oil 250g mushrooms 400g quorn mince Spring onions 400g ramen noodles 2 garlic cloves Fresh ginger 1 tsp Chinese 5 spice Chili oil 2 tbsp sesame seeds 2 tbsp tahini 2 tbsp soy sauce 1 tbsp rice vinegar 1 tsp chili flakes	Speedy Bosh pg 135
Roasted Thai Broccoli with coriander rice salad	Broccoli 3 tbsp green curry paste 1 tsp sesame oil 250g pre-cooked rice 2 carrots 50g peanuts Fresh coriander Spring onions Red chili 3 Limes 200g coconut yogurt 2 tbsp peanut butter	Speedy Bosh pg 179
Tartare sauce fish tacos	8 small soft tortillas 2 red onions 6 tbsp red wine vinegar 8 frozen fish fingers or fish fingers 8 cornichons Fresh dill Lemon	Speedy Bosh pg 153

	3 tbsp egg-free mayonnaise 2 tsp capers Lettuce limes	
Butter Tofu Curry	2 tbsp plant based butter 1 Onion 2 tsp garam masala 2 tsp ground coriander 2 tsp fresh ginger 1 tbsp tomato puree 400ml passata 200ml coconut cream 2x 225g blocks firm tofu 4 tbsp cornflour 2 x 250g basmati rice pouches 2 limes 1 fresh green chili Fresh coriander Plant based naan	Speedy Bosh pg 105



Butternut squash
Cashew nuts
Fresh sage
spaghetti
Onion

Vegetable stock
Nutritional yeast
sesame oil
mushrooms
quorn mince

Spring onions
ramen noodles
garlic cloves
Fresh ginger
Chinese 5 spice

Chili oil
sesame seeds
tahini
soy sauce
rice vinegar
chili flakes
Broccoli
green curry paste
sesame oil
pre cooked rice
carrots
peanuts
Fresh coriander
Spring onions

Red chili
Limes
coconut yogurt
peanut butter
small soft tortillas
red onions
red wine vinegar
frozen fish fingers or fish fingers
cornichons
Fresh dill
Lemon
egg-free mayonnaise
capers
Lettuce

limes
plant based butter
Onion
garam masala
ground coriander
tomato puree
passata
coconut cream
firm tofu
cornflour
limes
fresh green chili
Fresh coriander
Plant based naan