



- 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)

The Hairy Dieters List 3		
Meal	List	Recipe
Mediterranean Beef Burgers	1 courgette 1 onion 400g lean beef steak mince 2 garlic cloves 1 tsp dried oregano 1 tsp basil 1 tbsp sun dried tomato puree 1 tbsp sunflower oil	The Hairy Dieters pg 53

	4 ciabatta rolls 100g reduced fat mozzarella 2 large tomatoes Fresh basil Balsamic vinegar	
Paprika Chicken (serves 6) Rice	1 tbsp sunflower oil 2 onions 12 boneless, skinless chicken thighs 2 garlic cloves 1 tbsp smoked paprika 400g can chopped tomatoes 1 chicken stock cube 2 bay leaves 1 tsp dried mixed herbs 3 peppers (red, yellow and green) 1 tbsp cornflour 6 tbsp half fat creme fraiche Rice	The Hairy Dieters pg 91
Rich and Meaty Bolognese (serves 6)	400g lean minced beef 2 onions 3 garlic cloves 1 celery stick 1 courgette 175g chestnut mushrooms 150ml red wine 400g can chopped tomatoes 2 tbsp tomato puree 1 beef stock cube 1 tsp dried oregano 1 tsp dried chilli flakes 2 bay leaves 1 tbsp cornflour	The Hairy Dieters pg 153

Very Easy Thai Chicken and Coconut Curry Rice	1 tbsp sunflower oil 3 boneless, skinless chicken breasts 1 red pepper 1 yellow pepper 400ml can half-fat coconut milk 2 tbsp thai green or red curry paste 6 kaffir lime leaves 4 tsp thai fish sauce 1 tsp caster sugar 150g mangetout peas 2 tbsp cornflour Fresh coriander Fresh basil Rice	The Hairy Dieters pg 134
Lean Lamb Hotpot	700g lamb leg meat or leg steaks 2 tsp sunflower oil 2 onions 5 carrots 3 tbsp plain flour 1 lamb stock cube 1 tbsp fresh thyme 1 rosemary stalk or ½ tsp dried rosemary 2 tbsp worcestershire sauce 3 medium potatoes	The Hairy Dieters pg 83



courgettes
onions
lean beef steak mince

dried oregano
basil
sun dried tomato puree

ciabatta rolls
reduced fat mozzarella
tomatoes

Fresh basil
Balsamic vinegar
sunflower oil
chicken thighs
garlic cloves
smoked paprika
chopped tomatoes
chicken stock cube
bay leaves
dried mixed herbs
peppers (red, yellow and green)
cornflour
half fat creme fraiche
rice
garlic cloves
celery stick

chestnut mushrooms
red wine
can chopped tomatoes
tomato puree
beef stock cube
dried oregano
dried chilli flakes
bay leaves
sunflower oil
chicken breasts
red pepper
yellow pepper
half-fat coconut milk
thai green or red curry paste
kaffir lime leaves
thai fish sauce
caster sugar

mangetout peas
fresh coriander
fresh basil
rice
lamb leg meat or leg steaks
carrots
plain flour
lamb stock cube
fresh thyme
rosemary
 Worcestershire
sauce
potatoes