



- 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 3		
Meal	List	Recipe
Gnocchi Pomodoro	800g chopped tomatoes gnocchi grated cheddar stilton dried oregano	Green pg 46
Thai Pea Curry	2 mugs rice	Green pg 106

	4 onions small potatoes 4 tbsp thai green curry paste 800ml coconut milk frozen peas mangetout 4 red chillies	
Honey and Mustard Chickpeas with Sweet Potato Mash	4 large sweet potatoes 8 spring onions 4 carrots 800g chickpeas 8 tsp wholegrain mustard 4 tsp honey 400ml single cream	Green pg 134
Tikka Halloumi	2 mugs rice ground turmeric halloumi 4 tsp curry powder crispy fried onions fresh coriander	Green pg 50
Pasta Alla Norma	500g pasta 2 aubergines 4 garlic cloves dried chilli flakes dried oregano 800g chopped tomatoes grated parmesan	Green pg 138

chopped tomatoes
gnocchi
grated cheddar
stilton
dried oregano
rice
onions
small potatoes
thai green curry paste
coconut milk
frozen peas

mangetout
red chillies
sweet potatoes
spring onions
carrots
chickpeas
wholegrain mustard
honey
single cream
rice
ground turmeric

halloumi
curry powder
crispy fried onions
fresh coriander
pasta
aubergines
garlic cloves
dried chilli flakes
dried oregano
chopped tomatoes
grated parmesan