



- 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)

Dinner		
Meal	List	Recipe
Miso Butter Greens Pasta	60g unsalted butter 5 cloves garlic ½ tsp fennel seeds ½ tsp chilli flakes 100g broccoli 400g cavolo nero ¾ tsp salt 2 ½ tbsp white miso paste	Dinner pg72

	3 tbsp extra virgin olive oil 500g orecchiette	
Koshari	200g basmati rice Rapeseed oil 2 red onions 4 cloves garlic 400g tin chopped tomatoes 1 ½ tsp chilli flakes 2 tsp white wine vinegar 180g brown lentils 150g macaroni 1 tsp ground cumin 1 tsp ground cinnamon 300ml vegetable stock	Dinner pg 221
Tofu, Coconut and Green Bean Curry	450g extra firm tofu 300g green beans 1 onion 40g ginger 2 bird's-eye chillies 1 ½ tsp caster sugar ½ tsp ground turmeric 1 ½ tsp salt 400ml coconut milk 25g thai basil leaves Jasmine rice	Dinner pg75
Butter Beans in Salsa Verde	40g flat leaf parsley 40g basil leaves 40g fresh mint 6 tbsp capers in brine 4 cloves garlic 2 tbsp red wine vinegar 10 tbsp extra virgin olive oil 4 x 400g tins butter beans in water 1 onion	Dinner pg 156

	1 red chilli Flatbreads or ciabatta	
Sticky Mango and Lime Paneer Naans	5 tbsp Greek Yogurt ½ tbsp mayonnaise ½ tbsp mild curry powder 3 ½ tbsp mango chutney ½ red cabbage 2 limes 2 cloves garlic 1 tbsp gram flour 1 tbsp rapeseed oil 500g hard paneer 4 naan 30g fresh mint	Dinner pg 101



unsalted butter
 garlic
 fennel seeds
 chilli flakes
 broccoli
 cavolo nero
 white miso paste
 extra virgin olive oil
 orecchiette
 basmati rice
 rapeseed oil
 red onions
 chopped tomatoes

chilli flakes
 white wine vinegar
 brown lentils
 macaroni
 ground cumin
 ground cinnamon
 vegetable stock
 extra firm tofu
 green beans
 onion
 ginger
 bird's-eye chillies
 caster sugar

ground turmeric
 coconut milk
 thai basil leaves
 Jasmine rice
 flat leaf parsley
 basil leaves
 fresh mint
 capers in brine
 red wine vinegar
 butter beans in water
 red chilli
 ciabatta
 greek yogurt

mayonnaise
mild curry powder
mango chutney
red cabbage
limes
gram flour
hard paneer
naan
fresh mint