



- 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 List 2		
Meal	List	Recipe
Patchwork Roast Chicken Pie	8 tsp plain flour 800ml milk Cooked chicken, shredded Cooked veg Cooked potatoes 4 tsp mustard Grated cheddar cheese Puff pastry	Green pg 190

	Egg (optional)	
Sausage and Pearl Barley Hotpot	8 sausages 2 onions 2 carrots pearl barley chicken or vegetable stock cube frozen peas fresh thyme (optional) 4 potatoes	Green pg 200
French Summer Chicken	8 chicken thighs, skin on deboned 8 bacon rashers 2 onions frozen peas	Green pg 174
Prawns and Peas in a Tarragon Sauce	fresh or frozen peeled prawns asparagus spears single cream dried or fresh tarragon lemon	Green pg 118
Smash Burgers	8 handfuls minced beef grated cheddar 4 burger buns mustard ketchup lettuce onion tomato	Green pg 84



plain flour
milk
cooked chicken, shredded
mixed veg
potatoes
mustard
grated cheddar cheese
puff pastry
egg (optional)
sausages
onions

carrots
pearl barley
chicken or vegetable stock cube
frozen peas
fresh thyme (optional)
potatoes
chicken thighs, skin on deboned
bacon rashers
fresh or frozen peeled prawns
asparagus spears
single cream

dried or fresh tarragon
lemon
minced beef
burger buns
mustard
ketchup
lettuce
onion
tomato