

* 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 wont 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 2** |
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| **Meal** | **List** | **Recipe** |
| Burrata Pomodoro | 500g spaghettiCherry tomatoes4 garlic cloves800g chopped tomatoesDried oreganoFresh basil2 balls mozzarella or burrata | Green pg 42 |
| Broccoli Stem Fried Rice | 2 heads broccoli4 garlic cloves8 spring onions2 carrots2 fresh red chilliesSoy sauceSesame oil | Green pg 168 |
| Cumin-Spiced Lentils and Potatoes with Spinach and Yogurt | 4 potatoes2 onions2 tsp ground cumin12 handfuls frozen spinach, defrosted800g green lentils8 dollops natural yogurt | Green pg 132 |
| The Whole Squash Pasta | 1 butternut squash450g pastaSage leaves | Green pg 120 |
| General Tso’s Tofu | Cubed tofu4 tbsp plain flour4 garlic cloves8 spring onions8 tbsp tomato ketchupSoy sauceDried chilli flakesSesame seedsSesame oil | Green pg 82 |



spaghetti

cherry tomatoes

garlic cloves

chopped tomatoes

dried oregano

fresh basil

mozzarella or burrata

broccoli

spring onions

carrots

fresh red chillies

soy sauce

sesame oil

potatoes

onions

ground cumin

frozen spinach

green lentils

natural yogurt

butternut squash

pasta

sage leaves

tofu

plain flour

garlic cloves

tomato ketchup

dried chilli flakes

sesame seeds