

* 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 spaghetti  Cherry tomatoes  4 garlic cloves  800g chopped tomatoes  Dried oregano  Fresh basil  2 balls mozzarella or burrata | Green pg 42 |
| Broccoli Stem Fried Rice | 2 heads broccoli  4 garlic cloves  8 spring onions  2 carrots  2 fresh red chillies  Soy sauce  Sesame oil | Green pg 168 |
| Cumin-Spiced Lentils and Potatoes with Spinach and Yogurt | 4 potatoes  2 onions  2 tsp ground cumin  12 handfuls frozen spinach, defrosted  800g green lentils  8 dollops natural yogurt | Green pg 132 |
| The Whole Squash Pasta | 1 butternut squash  450g pasta  Sage leaves | Green pg 120 |
| General Tso’s Tofu | Cubed tofu  4 tbsp plain flour  4 garlic cloves  8 spring onions  8 tbsp tomato ketchup  Soy sauce  Dried chilli flakes  Sesame seeds  Sesame 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