



- These recipes are for 6 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)

Italian Night		
Meal	List	Recipe
Home made focaccia	Flour Yeast Olive oil	https://alexandracooks.com/2018/03/02/overnight-refrigerator-focaccia-best-focaccia/#ingredients
Antipasti	Olives Italian meats Italian cheese	

Pasta al forno con pomodori e mozzarella	extra virgin olive oil 1 white onion 2 cloves of garlic 1 or 2 dried red chillies 3 x 400g tins plum tomatoes fresh basil leaves 1 tablespoon red wine vinegar 400g dried orecchiette 4 big handfuls of freshly grated Parmesan cheese 3 x 140g balls of mozzarella	Jamie Oliver Cheesy pasta bake recipe with tomatoes Jamie Oliver recipes
Green salad	Green salad	
Aperol Spritz	Aperol Prosecco Soda water	Aperol spritz recipe - BBC Food



Flour
 Yeast
 Olives
 Italian meats
 Italian cheese
 extra virgin olive oil
 white onion
 cloves of garlic
 dried red chillies

tins plum tomatoes
 fresh basil leaves
 red wine vinegar
 dried orecchiette
 Parmesan cheese
 mozzarella
 Green salad
 Aperol
 Prosecco

Soda water