



- 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)

Jamie Oliver 5 Ingredients 2		
Meal	List	Recipe
Sweet and Sour Chicken Noodles	4 x 200g chicken thighs 300g rice noodles 400g sugar snap peas 2 tbsp worcestershire sauce 2 tsp chili jam	Jamie Oliver 5 Ingredients pg 247
Succulent Lamb Stew	½ bunch fresh rosemary 800g lamb shoulder (bone out)	Jamie Oliver 5 Ingredients pg

	150g mixed olives 1x 280g jar silverskin pickled onions 2x400g plum tomatoes	239
Speedy Spinach Curry	40g unsalted cashew nuts 2 onions 4 tsp rogan josh curry paste 200g paneer cheese 400g baby spinach	Jamie Oliver 5 Ingredients pg 163
Smoky Pancetta Cod	16 rashers of smoked pancetta 5 x 150g white fish filets 4 sprigs fresh rosemary 2 x 250g cooked lentils 400g spinach	Jamie Oliver 5 Ingredients pg 143
Flaky Pastry Pesto Chicken	320g all butter puff pastry 4 x 120 skinless chicken breasts 4 heaped teaspoons green pesto 400g ripe tomatoes on the vine 400g green beans	Jamie Oliver 5 Ingredients pg 115



chicken thighs
rice noodles
sugar snap peas
 Worcestershire sauce
chili jam
rosemary
lamb shoulder
mixed olives
silverskin pickled onions

plum tomatoes
unsalted cashew nuts
onions
rogan josh curry paste
paneer cheese
baby spinach
smoked pancetta
white fish filets
cooked lentils
spinach

puff pastry
chicken breasts
green pesto
tomatoes on the vine
green beans