



- 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 3		
Meal	List	Recipe
Lemony Courgette Linguine	300g dried linguine 4 mixed colour courgettes 1 bunch fresh mint 60g parmesan cheese 2 lemons	Jamie Oliver 5 Ingredients pg 63
Crazy Simple Fish Pie	400g undyed smoked haddock 2 bunches spring onions	Jamie Oliver 5 Ingredients pg

	250g baby spinach 150g cheddar cheese 4 sheets filo pastry	127
Harissa Chicken Traybake	4 mixed colour peppers 2 red onions 1 whole chicken 4 tsp rose harissa 4 sprigs fresh mint	Jamie Oliver 5 Ingredients pg 107
Hoisin Pak Choi Rice	300g basmati rice 8 spring onions 4 fresh mixed-colour chillies 4 pak choi 4 tbsp hoisin sauce	Jamie Oliver 5 Ingredients pg 261
Messy Meatball Buns	400g lean minced beef 8 tsp green pesto 1 x 400g tin plum tomatoes 1 x 125g ball mozzarella 4 soft burger buns	Jamie Oliver 5 Ingredients pg 191



linguine
courgettes
fresh mint
parmesan cheese
lemons
smoked haddock
spring onions
baby spinach

cheddar cheese
filo pastry
peppers
red onions
whole chicken
rose harissa
fresh mint
basmati rice
spring onions

chillies
pak choi
hoisin sauce
lean minced beef
green pesto
plum tomatoes
mozzarella
burger buns

