



- 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)

Leon Happy Salads		
Meal	List	Recipe
Ginger and Honey Salmon	4 salmon filets 1 tbsp sesame oil 200g soba noodles 50g spinach 50g samphire ½ cucumber 4 spring onions 1 tbsp toasted sesame seeds	Leon Happy Salads pg186

	1 tbsp black sesame seeds Fresh coriander 2cm ginger 1 clove garlic 1 lime 2 tsp runny honey 50ml sunflower oil	
Lamb Snap Salad	2 x 200g lamb leg steaks 3 tbsp olive oil 2 tbsp lemon juice 100g baby spinach leaves ½ head of radicchio 200g sugar snap peas 150g fresh broad beans 1 clove garlic 1 tbsp capers 3 anchovy filets Fresh flat-leaf parsley Fresh mint 1 tsp dijon mustard 1 tbsp red wine vinegar 100ml olive oil	Leon Happy Salads pg163
Wasabi Steak	2 tbsp mirin 2 tbsp soy sauce 1 tsp brown sugar 1 tsp sesame oil 400g sirloin steak 1 tbsp rapeseed oil 150g watercress 200g asparagus 150g edamame beans Spring onions 1 tbsp black sesame seeds	Leon Happy Salads pg164

	1 tbsp sesame seeds 2 tsp wasabi paste 1 tbsp soy sauce 2 tbsp rice vinegar 1 tbsp olive oil 1 tsp brown sugar	
Nicoise	100g new potatoes 150g french beans 2 boiled eggs 6 cherry tomatoes ¼ cucumber 1 shallot 50g tinned tuna 10 black olives 2 radishes Fresh basil 2 tomatoes 3 tbsp olive oil 1 tbsp red wine vinegar 1 tsp capers 2 anchovies ½ clove garlic 4 fresh basil leaves	Leon Happy Salads pg10
Fried Halloumi and Avocado	200g Halloumi 2 tbsp Olive Oil 300g tomatoes 2 avocados 4 little gem lettuces 4 pitta breads 4 tbsp almonds 2 piquillo peppers 2 tbsp balsamic vinegar 6 tbsp olive oil 2 tbsp fresh chives 2 tsp maple syrup	Leon Happy Salads pg69



salmon filets
sesame oil
soba noodles
spinach
samphire
cucumber
spring onions
sesame seeds
black sesame seeds
Fresh coriander
ginger
clove garlic
lime
honey
sunflower oil
lamb leg steaks
lemon juice
baby spinach leaves
head of radicchio
sugar snap peas
fresh broad beans
capers
anchovy filets
Fresh flat-leaf parsley
Fresh mint

dijon mustard
red wine vinegar
mirin
soy sauce
brown sugar
sirloin steak
rapeseed oil
watercress
asparagus
edamame beans
sesame seeds
wasabi paste
rice vinegar
brown sugar
new potatoes
french beans
boiled eggs
cherry tomatoes
shallot
tinned tuna
black olives
radishes
Fresh basil
tomatoes
red wine vinegar

capers
fresh basil leaves
Halloumi
tomatoes
little gem lettuces
pitta breads
almonds
piquillo peppers
balsamic vinegar
fresh chives
maple syrup