



- These recipes are for 4 people.
- This meal plan uses vegetarian recipes from the book with the occasional addition of meat and fish on the side for non-vegetarians.
- 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)
-

Scandinavian Comfort Food		
Meal	List	Recipe
Spinach dumplings in tomato sauce	700g Spinach 500g Ricotta 4 tbsp cornflour ½ tsp nutmeg 1 leek 1 courgette	Scandinavian comfort food - 104

	2 garlic cloves 400g chopped tomatoes 100ml single cream Sage leaves	
Classic potato salad (with Salmon)	600g new potatoes 4 Salmon steaks 2 sweetcorn cobs 3 tbsp white wine vinegar 50g mustard leaves 1 red onion 2 tbsp mayonnaise Basil leaves 4 tbsp dill 2 tbsp creme fraiche 2 tbsp capers	Scandinavian comfort food - 163
Spinach and potatoes baked with eggs	500g potatoes 1kg spinach Thyme 500g brown mushrooms 1 green chili 2 garlic cloves 4 eggs Crusty bread	Scandinavian comfort food - 31
Spicy pumpkin soup with croutons	1 Pumpkin 3 cloves garlic 1 large onion 75g Ginger 1 red chili 1 tsp cumin seeds	Scandinavian comfort food - 134

	1 tsp coriander seeds 1 liter vegetable stock 400ml coconut milk Fresh coriander 1 lime	
Kale Mash with spout and apple stir fry Pork chops	4 pork chops 600g potatoes 400g celeriac 2 garlic cloves 100g Kale 50g butter 400g Sprouts 2 leeks 3 garlic cloves 2 apples 1 tsp nutmeg	Scandinavian comfort food - 116



Spinach
Ricotta
cornflour
nutmeg
leeks
courgette
garlic cloves
chopped tomatoes
single cream

sage leaves
new potatoes
salmon steaks
sweetcorn cobs
white wine vinegar
mustard leaves
red onion
mayonnaise
basil leaves
dill
creme fraiche
capers
potatoes
thyme

brown mushrooms
green chili
eggs
crusty bread
pumpkin
onion
ginger
red chili
cumin seeds
coriander seeds
vegetable stock
coconut milk
fresh coriander
lime

pork chops
celeriac
Kale
butter
sprouts
leeks
apples