



- 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)

Speedy Bosh		
Meal	List	Recipe
Salsa gnocchi	1 kg Gnocchi 8 Large tomatoes 2 Onions 1 Red chili 1 tbsp red wine vinegar 1 tbsp grated plant based parmesan Fresh basil	Speedy Bosh pg 83

Speedy Bosh

Meal	List	Recipe
Sticky sichuan tofu	2 x 280g blocks firm tofu 1 tbsp soy sauce 2 tbsp vegetable oil 8 tbsp cornflour Spring onions 2 x 250g pre cooked packets jasmine rice 2 limes 2 tbsp sesame seeds 1 ½ tsp sichuan peppercorns 1 ½ tsp chili flakes 1 tbsp vegetable oil 1 garlic clove 2cm piece fresh ginger 4 tbsp soy sauce 3 tbsp maple syrup Lime juice	Speedy Bosh pg 130
Super meaty spag bol	1 celery stick 1 carrot 4 quorn sausage 1 tbsp tomato puree ½ clove garlic 1 tsp fennel seeds 2 tbsp balsamic vinegar 1 tsp soy sauce 1 tsp nutritional yeast 400g chopped tomatoes 1 tbsp ketchup 1 bay leaf 1 cinnamon stick ½ orange	Speedy Bosh pg 84

Speedy Bosh

Meal	List	Recipe
	400g spaghetti	
Quick tandoori kebabs	500g plant based chicken 2 limes 1 garlic clove 350g coconut yogurt 1 tbsp tomato puree 1 tbsp garam masala 1 tsp ground cumin 1 tsp ground turmeric ½ cucumber Fresh mint 4 dairy free naans Spring onions Fresh coriander	Speedy Bosh pg 110
Potato chaat with crispy chickpeas	2 baking potatoes 2 tbsp vegetable oil 2 tbsp curry powder 400g chickpeas Fresh ginger 1 tsp cumin seeds 1 tsp garam masala 4 dairy free naan 120g coconut yogurt 2 tbsp mango chutney 2 spring onions Fresh coriander Lime 30 g bombay mix 60g pomegranate seeds	Speedy Bosh pg 133



celery stick
carrot
quorn sausage
tomato puree
garlic
fennel seeds
balsamic vinegar
soy sauce
nutritional yeast
chopped tomatoes
ketchup
bay leaf
cinnamon stick

orange
spaghetti
plant based chicken
limes
garlic clove
coconut yogurt
tomato puree
ground cumin
ground turmeric
cucumber
fresh mint
Spring onions
baking potatoes

vegetable oil
curry powder
chickpeas
fresh ginger
cumin seeds
garam masala
dairy free naan
mango chutney
fresh coriander
lime
bombay mix
pomegranate seeds