



- 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 3		
Meal	List	Recipe
Lemon courgette and crispy caper pasta	400g Pasta shells 4 courgettes Fresh mint Fresh dill 2 lemons 2 garlic cloves 200g Frozen peas 2 tsp Fennel seeds	Speedy Bosh pg 57

	60g capers	
Cheat's black dal	2 tbsp coconut oil 4 garlic cloves 30g fresh ginger 1 tbsp garam masala 1 tsp ground cumin 5 whole cloves 1 tsp chilli powder ¾ tsp ground cinnamon 2 bay leaves 2 tbsp tomato puree 400g coconut milk 200g Kidney beans 2 x 250g pouches pre-cooked beluga lentils Fresh coriander Crispy onions	Speedy Bosh pg 115
Thai Green Curry Bowl	1 tbsp vegetable oil 4 tbsp thai green curry paste 280g firm tofu 300g easy cook rice 400ml coconut milk 1 tbsp smooth peanut butter 200g pak choi 200g sugar snap peas 200g baby corn 50g peanuts Fresh coriander 2 limes	Speedy Bosh pg 121
Crispy jacket potatoes with quick smokey BBQ beans	4 Large baking potatoes 400g tin haricot beans 1 clove garlic 1 tbsp tomato puree ½ tsp smoked paprika 1 tbsp soy sauce	Speedy Bosh pg 68

	2 tbsp vegan bbq sauce 2 thyme sprigs	
Beetroot and lentil burger	240g cooked beetroot 160g Rolled oats 120g pre cooked lentils 1 tsp smoked paprika 1 tsp garam masala 1 tsp ground turmeric ½ tsp curry powder ½ tsp curry powder ½ green chili Sweet potato 1 tbsp coriander seeds 1 Red chili Brioche buns Burger cheese Lettuce Tomato 1 large gherkin 2 tbsp egg-free mayo 1 tbsp ketchup 1 tsp tabasco	Speedy Bosh pg 102



Pasta shells
courgettes

Fresh mint
Fresh dill
lemons

garlic cloves
Frozen peas
Fennel seeds

capers
coconut oil
garlic cloves
fresh ginger
garam masala
ground cumin
whole cloves
chili powder
ground cinnamon
bay leaves
tomato puree
coconut milk
Kidney beans
pre-cooked beluga lentils
Fresh coriander
Crispy onions
vegetable oil
thai green curry paste
firm tofu
easy cook rice
coconut milk
smooth peanut butter
pak choi
sugar snap peas
baby corn
peanuts
Fresh coriander
limes
Large baking potatoes
tin haricot beans
tomato puree
smoked paprika

soy sauce
vegan bbq sauce
thyme sprigs
cooked beetroot
Rolled oats
pre cooked lentils
ground turmeric
curry powder
green chili
Sweet potato
coriander seeds
Red chili
Brioche buns
Burger cheese
Lettuce
Tomato
large gherkin
egg-free mayo
ketchup
tabasco