



- 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 4		
Meal	List	Recipe page
Simple one pot spaghetti	1 onion 2 garlic cloves 1 tsp chili flakes 500g cherry tomatoes 1 vegetable stock cube 500g spaghetti 4 tbsp pine nuts Fresh basil	Speedy Bosh pg 92

	1 lemon 200g spinach 3 tbsp capers	
Quick fried biryani	300g baby potatoes 3 tbsp coconut oil 2 tsp ground turmeric 1 tsp ground cumin 500g Pre cooked basmati rice 200g pre cooked puy lentils 200g frozen peas 2 aubergines 2 tsp cumin seeds 1 tsp coriander seeds 1 tsp garlic powder 2 tbsp garam masala 1 cucumber 1 lemon 8 tbsp coconut yogurt 2 tbsp mint sauce Fresh mint 4 spring onions Fresh coriander Mango chutney	Speedy Bosh pg 124
Green bean and sugar snap asian salad	200g green beans 200g sugar snap peas 1 red chili Fresh coriander Fresh mint 1 lime 30g coconut flakes 1 garlic clove Fresh ginger 1 tbsp toasted sesame seeds 1 tsp black mustard seeds 2 x 250g pre cooked mix grain rice	Speedy Bosh pg 182

	1 lime 3 tbsp nut butter 2 tbsp toasted sesame oil 1 tbsp maple syrup 1 tbsp soy sauce	
Potato and pickle upside down pie	1 x 320g ready rolled puff pastry 400g potatoes 100g frozen peas 200g tenderstem broccoli 150g lime pickle 3 tbsp crispy onions 25g frozen peas 50g baby spinach Fresh coriander	Speedy Bosh pg 76
Cheatball marinara sub	2 onions 1 fennel bulb 1 red chili 1 garlic clove 2 tsp sweet paprika 16 veggie meatballs 2 x 200g chopped tomatoes 2 tbsp tomato puree Basil 2 roasted red peppers from a jar 120g dairy free cheddar cheese 120ml unsweetened plant-based milk 2 tsp English mustard 4 sub baguettes Plant-based butter	Speedy Bosh pg 118



onions
garlic cloves
chili flakes
cherry tomatoes
vegetable stock cube
spaghetti
pine nuts
Fresh basil
lemons
spinach
capers
baby potatoes
coconut oil
ground turmeric
ground cumin
Pre cooked basmati rice
pre cooked puy lentils
frozen peas
aubergines
cumin seeds
coriander seeds
garlic powder
garam masala
cucumber

coconut yogurt
mint sauce
Fresh mint
spring onions
Fresh coriander
Mango chutney
green beans
sugar snap peas
red chili
limes
coconut flakes
Fresh ginger
toasted sesame seeds
black mustard seeds
pre cooked mix grain rice
lime
nut butter
toasted sesame oil
maple syrup
soy sauce
ready rolled puff pastry
potatoes
frozen peas
tenderstem broccoli
lime pickle

crispy onions
frozen peas
baby spinach
fennel bulb
sweet paprika
veggie meatballs
chopped tomatoes
tomato puree
Basil
Jar of red peppers
dairy free cheddar cheese
unsweetened plant-based milk
English mustard
sub baguettes
Plant-based butter