

Smart Cook Shopping List (August 09 magazine)

All recipes serve 4

Salmon parcels [£2.27pp]

500g baby new potatoes
200g peas
50g butter
Small bunch flatleaf parsley or mint
1 lemon
4 tbsp crème fraîche
4 salmon fillets
Olive oil
120ml vegetable stock (from a stock cube)

Summer vegetable and sausage couscous [£1.68pp]

1 aubergine
1 large red onion
200g cherry tomatoes on the vine
8 good-quality pork and herb sausages
Olive oil
200g couscous
400ml chicken stock (from a stock cube)
1 lemon
100g green beans

No-stir tomato basil risotto [£1.30pp]

Olive oil
Knob of butter
1 red onion
400g risotto rice
150ml white wine
400g can chopped tomatoes
600ml vegetable stock (from a stock cube)
75g cream cheese
50g vegetarian Parmesan
Handful fresh basil leaves

Grilled mackerel with tomato and avocado salsa [£3.15pp]

75g fresh breadcrumbs
Small handful fresh thyme
Small handful fresh flatleaf parsley
1 lemon
30g butter
8 mackerel fillets
300g tomatoes
2 ripe avocados
1 garlic clove
Olive oil

Lamb rogan josh [£2.13pp]

Olive oil
1 onion
8 lamb leg steaks
3 tbsp rogan josh paste
227g can chopped tomatoes
100ml chicken stock (from a stock cube)
100ml natural yoghurt
Handful fresh coriander

One-pan English breakfast frittata [£1.81pp]

300g new potatoes
Olive oil
6 streaky bacon rashers
8 chipolatas
Bunch spring onions
12 cherry tomatoes
8 large free-range eggs
Handful grated cheddar

Sticky beef and noodle salad [£3.45pp]

4 x 174g rump or sirloin steak
Soy sauce
Sweet chilli sauce
4 bunches dried glass noodles
Piece root ginger
2 garlic cloves
50g cashew nuts
Chilli flakes
Olive oil
2 carrots
1 red pepper
Handful fresh coriander

Summer chicken [£1.99pp]

Olive oil
8 chicken pieces
2 large courgettes
8 baby beetroots
Small handful fresh thyme
Head of garlic

Spicy burgers [£1.31pp]

500g beef mince
3 tbsp rogan josh curry paste
Small handful fresh coriander
Olive oil
1 large red onion
Burger buns
Spicy tomato relish
Lettuce

Quick prawn stir-fry [£2.25pp]

Olive oil
Piece root ginger
2 garlic cloves
Chilli flakes
400g raw king prawns
150g tenderstem broccoli
150g mangetout
Sweet chilli sauce
2 limes
Handful fresh coriander
Toasted cashew nuts