



Everyday delicious. shopping list: March 2011

Fresh produce

- 1 bunch spring onions
- 1 onion
- Small bunch fresh basil

Meat/fish

- 100g roast chicken slices
- 8 lamb meatballs (from Waitrose and Sainsbury's)
- 2 free-range pork escalopes

Dairy/chilled/frozen

- 100g Monterey Jack 1840 Grated Cheese (from ASDA, Waitrose and Sainsbury's)
- ½ x 200g pot sour cream and chive dip (widely available)
- 150g pot thick natural yoghurt
- Knob of Butter-Fingers Hot Chilli & Lime Zest Butter (from Ocado, or visit butter-fingers.co.uk)
- 200g Waitrose Ready To Go Red Onion
- 300g frozen chopped spinach

Other

- 2 x 145g sachets pizza base mix (from most supermarkets)
- 100g H Forman and Son Marinated Anchovies with Garlic (from Waitrose)
- 3 tbsp pitted black olives
- 3 tbsp basil-infused extra-virgin olive oil (we like Belazu, from Sainsbury's)
- 4 corn tortillas (we like Old El Paso Corn Tortillas, from Tesco)
- 2 tbsp sweet chilli sauce (we like The Bay Tree Hot Sweet Chilli Sauce, from Waitrose)
- 250g Tilda Chickpea, Yoghurt and Mint Steamed Basmati Rice
- 300g pack Sharwood's Bombay Potatoes (from ASDA)
- 350g jar Seeds of Change Organic Balti Sauce
- Plain naan breads
- 30g Yutaka or Blue Dragon panko breadcrumbs (from large Sainsbury's stores)
- 4 tbsp Wagamama Sweet Teriyaki Stirfry or Marinade Sauce
- 300g pack Amoy Straight to Wok Udon Noodles (from Tesco)
- Taiko Lightly Salted Edamame (from Waitrose)
- Clearspring Organic Instant Miso Soup (from Waitrose and Sainsbury's)

From the larder

- 1-2 tbsp sliced pickled green jalapeño peppers
- Vegetable oil
- 2 tbsp plain flour
- 2 tbsp tomato ketchup
- 1 small free-range egg