



delicious. magazine everyday delicious. shopping list, July 2010

Ready in 30 minutes

Roast pork, potato and feta

1 large onion
500g new potatoes
Olive oil
4 pork loin medallions
200g cherry tomatoes
Small bunch of fresh thyme
100ml white wine
Vegetable stock
100g feta cheese
1 lemon

Tomato and smoky bacon pasta

Olive oil
200g smoked bacon lardons
1 onion
Garlic cloves
800g tinned cherry tomatoes
Balsamic vinegar
80g black olives
350g fresh pappardelle pasta
Large bunch of fresh parsley
Parmesan
Crusty bread

Lamb kofta with creamy lentils

2 red onions
Olive oil
2 garlic cloves
250g Puy lentils
Vegetable stock
200g baby spinach
150g roasted red pepper
2 tsp cumin seeds
Lime juice
4 tbsp natural yoghurt
8 Merguez sausages
Fresh thyme leaves

Lamb cutlets with mint & parsley tabbouleh

8-12 lamb cutlets
2 lemons
Garlic cloves
6 anchovy fillets
3 tbsp olive oil
160g bulgur wheat
50g toasted flaked almonds
Large bunch of fresh parsley
Large bunch of fresh mint
1 red onion

Sticky chicken salad

2 lemons
2 tbsp runny honey
Small bunch of fresh mint leaves
4 skinless chicken breasts
200g podded broad beans
Garlic ciabatta
Extra virgin olive oil
Large handful of lamb's lettuce
400g tin chickpeas
150g cherry tomatoes
½ cucumber
Small bunch of fresh parsley leaves
2 tsp grainy mustard

Summer salmon kederggee

Oil
Butter
1 large onion
2 garlic cloves
250g basmati rice
Vegetable stock
2 tsp cumin seeds
1 tbsp garam masala
4 hot smoked salmon fillets
110g fresh peas
120g sugar snap peas
3 tbsp double cream
3 shallots
4 large free-range eggs
Large bunch of fresh coriander

Quick chicken tikka with coriander rice

3 large skinless chicken breasts
6 tbsp tikka curry paste
1 onion
Garlic cloves
Olive oil
100g passata
Vegetable stock
3 tbsp Greek yoghurt
1-2 tbsp mango chutney
240g basmati rice
Limes
Large bunch of fresh coriander

Thai-style beef stir-fry

Garlic cloves
Limes
3 tbsp soy sauce
3 tsp light brown sugar
2 tbsp sesame oil
600g (about 2) beef sirloin
1 long red chilli
1 red onion
1 red and 1 yellow pepper
175g tenderstem broccoli
150g podded broad beans
100g sugar snap peas
50g cashews

Baked saffron risotto (v)

Olive oil

Butter

1 onion

Garlic cloves

½ tsp saffron threads

1 red chilli

300g risotto rice

150ml white wine

Vegetable stock

50g vegetarian-style Parmesan cheese

40g fresh breadcrumbs

Small bunch of fresh thyme leaves

Barbecued smoky squid and bean salad

500g squid tubes

2 large garlic cloves

2 tsp smoked paprika

Olive oil

1 red onion

150g raw chorizo

600g tin white beans

1-2 red chillies

150ml white wine

Large bunch of fresh parsley

2 lemons