



**Everyday delicious. shopping list: October 2011**  
**All recipes serve 2**

**Meat/fish**

- 2 sirloin or rump steaks
- 4 free-range skin-on chicken thighs
- 120g pack Rannoch smoked duck (from Ocado and Waitrose), or similar
- 2 x 115g packs Marks & Spencer Arbroath Hot Smoked Lochmuir Salmon Flakes, or similar

**Fresh produce**

- 1 small onion, finely diced
- Small bunch of fresh parsley, leaves roughly chopped
- 2 tsp ready diced chilli (or 2 small red chilli, diced)
- Two bunches of fresh coriander, leaves chopped
- 2cm piece of fresh ginger, diced
- 2 spring onions, shredded
- Juice of ½ lime, plus wedges to serve
- 240g Marks & Spencer Fresh & Prepared Butternut Squash, or similar
- 100g baby spinach leaves
- 1 tsp lemon juice, plus wedges

**Dairy/chilled/frozen**

- 40g soft blue cheese, such as Saint Agur, chopped
- 50g butter, softened
- 150g full-fat Greek yogurt

**From the larder**

- 500ml vegetable stock, hot
- Olive oil
- ½ tsp Sainsbury's Cajun Style Rub, or similar
- 250ml coconut milk
- 180g long grain or basmati rice
- Mango chutney to serve
- 500ml chicken stock
- 1 tbsp caster sugar
- 1 tbsp plain flour
- 25g fresh breadcrumbs
- 1 free-range egg, lightly beaten
- 2 tbsp vegetable oil
- 1 tbsp avocado oil

**Other**

70g Sainsbury's Marinated Sun-dried Peppers in Sunflower Oil, drained (or use ready roasted peppers, from most supermarkets)

300g pack Tesco Finest Creamy Garlic Mushrooms

320g pack Sainsbury's Ready to Roast Butternut Squash & Sweet Potato, or similar

150g Pedon Italian-style Barley Mixture (from Tesco), or similar

150ml dry white wine from a small bottle

1 tbsp Spicentice Jamaican Jerk Chicken spice mix, from Asda, Budgens and selected Sainsbury's

1 tbsp Very Lazy Red Chillies, or similar

1 heaped tbsp tom yum paste (we like Thai Taste, from Waitrose)

160g Clearspring Organic udon noodles (from Ocado and Waitrose), or similar

61g pack Marks & Spencer Aromatic Salad with Mizuna, Baby Pak Choi & Edible Flowers, or similar

260g pack Waitrose Crunchy Oriental Stir-fry, or similar