



Everyday delicious. shopping list: May 2011

All recipes serve 2

Fresh produce

320g Marks & Spencer Classic Layered Vegetables with English butter (or similar)
½ x 130g pack Marks & Spencer Bistro Salad – shredded beetroot, lamb's lettuce and red chard (or similar)
250g Tesco Finest Creamed Spinach (or similar)
1 thumb-size piece of fresh ginger
1 lemongrass stalk
150g sugar snap peas and baby sweet corn
2 handfuls of beansprouts
4 spring onions
1 long red chilli
240g pack Sainsbury's Taste the Difference tender stem Broccoli with Garlic and Chilli Stir Fry – pak choi, broccoli, fine beans, red onion, coriander, garlic and chilli (or similar)
½ cucumber
Small handful of fresh mint leaves

Meat/fish

2 Parma ham slices
180g Waitrose Cooks' Ingredients Pulled British Beef (or similar)
2 x pork loin steaks
2 skinless chicken breasts

Dairy/chilled/frozen

150g marinated feta cubes (we used Marks & Spencer Greek Feta with Extra Virgin Olive Oil and Oregano)
100g frozen peas
100ml half-fat crème fraîche
375g (1 sheet) ready-rolled puff pastry (we used Tesco)
3 tbsp mascarpone
15g grated Parmesan
300g natural yoghurt

Other

2 heaped tbsp tomato sauce (we used Napolina Tomato and Herb Pizza Topping, from major supermarkets)
300g egg noodles (we used Waitrose Free Range Egg Noodles)
250g pack Tilda Steamed Rice

120g black bean stir-fry sauce
70g pack Pataks Easy Tikka Masala for two (from major supermarkets)
1 garlic flatbread (from major supermarkets)

From the larder

Plain flour
5 free-range eggs
Vegetable oil
600ml beef stock (we used Waitrose Cooks' Ingredients)
2-3 tbsp sweet chilli sauce
Sesame oil
1 tbsp soy sauce
½ tsp of cumin seeds