



Everyday delicious. shopping list: September 2011

All recipes serve 2

Meat/fish

300g sirloin or rump steak, cut into strips
90g Sainsbury's Mini Chorizos for Cooking, diced
200g peeled raw king prawns, deveined
250g pork mince

Fresh produce

2 small onions
30g watercress leaves (discard stalks), finely chopped
1 orange or yellow romano pepper, sliced
2 little gem hearts, leaves separated
Small handful of fresh mint leaves
1 lime, sliced into wedges
100g pack Waitrose Ready Trimmed Sugar Snap Peas, or similar
100g El Navr Whole Piquillo Peppers from Sainsbury's, or ready roasted peppers
Small bunch of fresh coriander, leaves roughly chopped
2 small garlic cloves, thinly sliced
1 small red onion, sliced into thin wedges
200g pack Marks & Spencer Vine Ripened Piccolini Cherry Tomatoes, or similar
Small handful of fresh basil leaves

Dairy/chilled/frozen

2 medium free-range eggs
50ml milk
20g Tesco Finest Grated Parmigiano Reggiano, or similar, plus extra to serve
1 Edler's Savoury Pastry Case, from Tesco, or similar
250g pack fresh cheese tortelloni
240g pack mixed antipasto, drained (we like Merchant Gourmet Sunblush Antipasto, available from Waitrose and Ocado)
8 mini mozzarella balls

From the larder

Olive oil
Toasted sesame oil
500ml good quality chicken stock, hot
1 tbsp Marks & Spencer Balsamic Vinegar of Modena, or similar
200g pack passata

Other

1 pack of The Saucy Fish Co Smoked Haddock with Mustard and Dill vinaigrette, from Tesco, Ocado or Waitrose (or 135g smoked haddock fillet)

2 tbsp Waitrose Cooks' Ingredients Onion Base for Curry

2 tbsp Wagamama Spicy Chilli Men stir-fry sauce, available from most major supermarkets

230g pack Sainsbury's Paella Rice Kit

1 ciabatta roll, 30g made into breadcrumbs, the rest torn into pieces

50g semi-dried tomatoes, drained

2 heaped tbsp Marks & Spencer Aromatic Spiced or Hot and Fiery Burger Starter paste