



Everyday delicious. shopping list: February 2012
All recipes serve 2

Meat/fish

- 90g Waitrose Pulled Ham Hock, or similar
- 750g fresh mussels
- 6 free-range mini chicken fillets (about 250g), halved lengthways
- 7 Tesco Finest Oak Smoked Pancetta Rashers, roughly chopped, or similar

Fresh produce

- Grated zest and juice of ½ lemon, plus wedges to serve
- 55g pack wild rocket
- Fresh basil leaves to serve
- Handful of fresh coriander, leaves picked, stalks finely chopped
- Juice of 1 lime and lime wedges to serve
- 1 red chilli, deseeded and sliced into strips
- 4 spring onions, julienned
- 4 large portobello mushrooms
- 25g rocket to serve
- 2 sprigs each of fresh rosemary and thyme, leaves picked and finely chopped

Dairy/chilled/frozen

- 25g Waitrose Taleggio (or other cheese), cut into cubes
- 400g pack Sainsbury's Ready to Roast Mediterranean Vegetables, or similar
- 375g Sainsbury's Ready Rolled Puff Pastry, or similar
- 70g goat's cheese with rind (such as Gevrik), cut into 4 rounds
- 50g sun-blush tomatoes
- 100g ready diced onions (from most supermarkets)
- 150g pack Tesco Feta Cubes with Herbs and Olive Oil, or similar

From the larder

- 2 tbsp plain flour, plus extra, seasoned, for dusting
- 2 tbsp olive oil
- 1 tbsp groundnut oil
- 2 tbsp light soy sauce
- 2 tbsp vegetable oil

Other

- 400g pack Waitrose Mushroom and Chestnut Risotto, or similar
- 4 tbsp Sainsbury's Pesto alla Genovese, or similar
- 40g Thai Taste Red Curry Paste
- 165ml coconut milk

Crusty bread to serve

1 tbsp Very Lazy Hot Chilli Paste (widely available)

75g sesame seeds

300g pack ready-to-wok medium egg noodles

110g Tesco Lemon and Coriander Couscous, or similar