



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

Meat/fish

2 British Lamb Leg Steaks with Lemongrass, Coriander and Lime Leaves (from Waitrose)
4 Parma ham slices, halved
1 (about 175g) sirloin steak

Fresh produce

Grated zest and juice of 2 lemons
1 onion, finely sliced
2 red onions, finely sliced
50g baby spinach
Small handful each of fresh dill and flatleaf parsley, chopped
Bunch of fresh mint, leaves picked
4-5 fresh thyme sprigs, leaves picked
Toasted flaked almonds and chopped fresh coriander to garnish
Handful of fresh rocket leaves
Peas to serve

Dairy/chilled/frozen

230g ready-made béchamel (we like The Saucy Fish Company's Fish Pie Sauce, from Tesco and Ocado)
25g Cheddar, grated
50g sun-blush tomatoes, halved
400g pack Tesco Finest Fresh Potato Gnocchi, or similar
50ml crème fraîche
80g pack Parmesan shavings
1 medium free-range egg, beaten
150g ready-cooked beetroot, sliced
125g goat's cheese, crumbled (we like Abergavenny, from Sainsbury's and good delis)

From the larder

Olive oil
Vegetable oil
130g Tesco Finest Pesto with Fresh Basil, or similar
165ml coconut milk (we like Blue Dragon)
250g pack Merchant Gourmet ready-to-eat Puy lentils
4 tbsp Rendang Curry Paste (we like Malay Taste paste from Waitrose and good delis)

Other

320g fish pie mix
375g all-butter ready-rolled shortcrust pastry (we like Jus-Rol)
100g dried figs, finely diced
290g jar roasted peppers, drained (we like Saclà Char-grilled Peppers Antipasto)
3 tbsp Sainsbury's Taste the Difference Caramelised Onion Chutney, or similar
1 pack of Sainsbury's Taste the Difference Aegean Tomato and Mature Cheddar Focaccia, or similar
280g packet quick-cook pilau rice (we like Veetee Dine In rice)