



Everyday delicious. shopping list: July 2011
All recipes serve 2

Meat/fish

- 2 skinless salmon fillets
- 4 pork sausages (we like The Black Farmer, widely available)
- 250g good-quality lamb mince
- 1 large skinless free-range chicken breast, chopped into 1cm pieces

Fresh produce

- 4 spring onions, shredded
- 1 large garlic clove, finely chopped
- 120g Tesco Sliced Spring Greens, or similar
- Small bunch of fresh coriander, leaves chopped
- 2 limes
- Handful of Steve's Leaves Super Hot Rocket (from Waitrose), or similar
- 5 tomatoes, roughly chopped
- Grated zest of ½ lemon
- Handful of fresh basil leaves, plus a few extra leaves to garnish
- 1 small red onion, finely chopped
- Small bunch of fresh mint, chopped, plus a few small leaves
- 1 little gem lettuce, shredded
- Handful of mixed salad leaves

Dairy/chilled/frozen

- 6 tbsp ricotta
- 4 tbsp crème fraîche
- Grated Parmesan to taste
- 200g Rachel's Organic Greek Style Natural Yogurt, or similar
- 300g fresh egg noodles (from major supermarkets)
- 2 tbsp soured cream, plus extra to serve
- 150g Marks & Spencer cubed Greek Feta with Extra Virgin Olive Oil & Oregano, or similar

From the larder

- Groundnut oil
- Olive oil
- Chilli sauce
- ½ tsp fennel seeds
- Chilli oil to serve (optional)

2 tsp Very Lazy Red Chillies (widely available)
200g Sainsbury's Taste the Difference Pennoni pasta shapes, or similar
½ tsp toasted cumin seeds
30g fresh breadcrumbs

Other

150g pack The Saucy Fish Co Fresh Teriyaki Sauce (from Tesco), or similar
260g jar red pepper and tomato salsa (we like Tracklements, from Waitrose)
2 Waitrose Garlic & Coriander Naan Breads, or similar
1 heaped tbsp Belazu Rose Harissa, or similar
180g Unearthed Semi-dried Tomato & Mozzarella salad (from Waitrose), or similar
Handful of your favourite stuffed olives
4 Old El Paso Taco Shells (widely available), or similar
Handful of green olives to serve
2 pickled baby beetroot, roughly grated
Marks & Spencer Lemon & Pink Peppercorn Mill (we love this stuff, but it's fine to use ordinary ground black pepper instead)