



Everyday delicious. shopping list: November 2011
All recipes serve 4

Meat/fish

- 8 x British pork belly slices
- 140g diced pancetta lardons
- 2 x 250-300g best end of lamb, bones removed (ask your butcher to do this)
- 6 free-range boneless, skinless chicken thighs, cut into thirds

Fresh produce

- Thumb-size piece of fresh ginger, finely grated
- Small bunch of fresh coriander, leaves picked
- 4 sweet potatoes
- Grated zest and juice of 1 lemon
- 50g bag rocket
- Fresh mint
- Large bunch of fresh sage, leaves picked
- 1 tbsp fresh thyme leaves
- 2 medium onions, finely sliced
- 2 garlic cloves, crushed
- 250g packet whole, soft dried figs
- Green vegetables to serve

Dairy/chilled/frozen

- Tesco Finest Side Dish Petit Pois with Leeks and Pancetta, or similar
- 400g ready-to-roast Mediterranean vegetables
- Greek yogurt to serve
- 2 x 250g packs pappardelle (we like Soli, from Waitrose)
- Knob of butter
- 200g Moody's Rosary Ash goat's cheese (from Waitrose) or similar, crumbled
- 500g Sainsbury's Taste the Difference Puff Pastry, or similar
- 1 medium free-range egg, beaten

From the larder

- 2 tsp five-spice powder
- 3 tbsp dark soy sauce
- 2 tbsp hoisin sauce, plus extra to serve
- 2 star anise
- Veetee Dine In Basmati & Wild Rice (from most supermarkets)
- 400g tin chickpeas, drained and rinsed
- 1 tsp each ground cumin and coriander
- 2 tbsp olive oil, plus extra to drizzle

2 tbsp extra-virgin olive oil, plus extra for drizzling
2 tsp chilli flakes
Vegetable oil for rubbing
Flour for dusting
2 tsp Dijon mustard
2 x 400g tins whole tomatoes
Pinch each of saffron and ground cinnamon
110g flavoured quick-cook couscous (such as Ainsley Harriott)

Other

2 tbsp chickpea (gram) flour
2 tsp Marks & Spencer Smoked Paprika with Sweet Red Pepper and Thyme, or similar
Marks & Spencer Terribly Clever Parmesan and Black Pepper Seasoning (or mix your own)
1 x 200g pack Porter Foods Whole Chestnuts (from Waitrose) or similar
140g pack exotic mixed mushrooms
150g Merchant Gourmet Red and White Quinoa (from Sainsbury's and Waitrose)
2 tsp ras-el-hanout (such as Bart)