



delicious. magazine Smart Cook shopping list, April 2010

Sticky chilli and thyme pork stir-fry

2 tbsp groundnut oil
2 garlic cloves
1 red chilli
2.5cm ginger
1 pork tenderloin (about 450g)
4 tbsp sweet chilli sauce
1 tbsp thyme leaves
1 red pepper
6 baby pak choi
5 spring onions
1 lime

Quick lamb and chickpea casserole

Olive oil
2 red onions
2 garlic cloves
600g lamb leg steaks
1 tsp ground cumin
2 tsp hot paprika
2 tsp sweet smoked paprika
1 lemon
2 tsp honey
400g tin chopped tomatoes
500ml chicken stock
400g can chickpeas
Small bunch of fresh coriander

Warm potato, chicory and steak salad

500g new potatoes
2 heads chicory
2 sirloin steaks
Olive oil
½ lemon
1 garlic clove
1 tbsp Dijon mustard
3 spring onions
Large handful lamb's lettuce

Salmon and watercress linguine

2 salmon fillets
400g linguine
Olive oil
Butter
2 shallots
2 bunches of watercress
100ml double cream
1 lemon

Focaccia tarts [v]

Olive oil
400g focaccia
2 garlic cloves
240g tin chopped tomatoes
2 tsp red wine vinegar
1 tbsp thyme leaves
350g chard
200g mozzarella
80g semi-dried tomatoes
2 tbsp toasted pine nuts
8 large free-range eggs

Chicken stuffed with spinach and pancetta

4 large chicken breasts
200g baby leaf spinach
Olive oil
100g pack cubetti di pancetta
1 red onion
200g mascarpone
40g Parmesan

Turkey and bacon pies

Olive oil
200g rashers streaky bacon
Butter
1 large onion
2 garlic cloves
600g turkey breast, diced
125ml white wine
1 tbsp Dijon mustard
100ml chicken stock
100ml double cream
Bunch of flat leaf parsley
375g pack ready-rolled puff pastry
1 large free-range egg, lightly beaten

Herby lamb cutlets with cannellini bean mash and watercress

Small bunch of fresh mint
Small bunch of fresh parsley
2 garlic cloves
Olive oil
2 small racks of lamb (about 6 cutlets each)
1 tbsp Dijon mustard
2 x 400g tins cannellini beans
100ml double cream
Butter
100g bag watercress
Nutmeg

Gnocchi with red pepper and parsley sauce and blue cheese [v]

290g jar roasted red peppers
1 red chilli
Large bunch of flatleaf parsley
2 garlic cloves
75g Parmesan
1 tbsp mascarpone
Olive oil
500g cold potato gnocchi
25g toasted pine nuts
75g vegetarian blue cheese

Cheat's squid and chorizo paella

Oil
25g butter
1 onion
2 cloves garlic
350g long grain rice
Pinch saffron threads (optional)
1 lemon
600ml chicken stock
200g fresh chorizo
200g small squid
150g frozen peas
Small bunch of flatleaf parsley