

Smart Cook shopping list (July 2009 issue)

Greek chicken salad

3 free-range chicken breasts with skin
 Olive oil
 1 lemon
 Handful fresh oregano
 6 rashers streaky bacon
 70g bag salad leaves
 50g black olives
 1/2 small cucumber
 12 cherry tomatoes
 100ml Greek yogurt
 1 garlic clove

Minty yogurt lamb chops with nutty couscous

8 small lamb leg steaks
 200g Greek yogurt
 2 garlic cloves
 Small bunch fresh mint leaves
 250g couscous
 400ml chicken stock
 Extra-virgin olive oil
 1 lemon
 50g hazelnuts
 Small bunch fresh flatleaf parsley

Turkey koftas

Olive oil
 Small red onion
 500g turkey mince
 100g feta
 Small bunch fresh flatleaf parsley
 Tzatziki and warm flatbreads

Baked potato and egg Florentine (v)

800g potatoes
 Knob of butter
 150ml vegetable stock
 400g tin cherry tomatoes
 300g baby spinach
 50g toasted pine nuts
 2 x 125g ball mozzarella
 4 large free range eggs

Chilli burritos with tomato relish

Olive oil
 1 red onion
 500g beef mince
 Ground cumin and coriander
 Chilli flakes
 400g can pinto or kidney beans
 300ml beef stock
 8 medium vine tomatoes
 Extra-virgin olive oil
 Red wine vinegar
 Small bunch fresh coriander
 8 flour tortillas
 Grated Cheddar, sliced avocado and soured cream

Pan-fried salmon with herby courgettes

40g butter
 Olive oil
 2 large courgettes
 Handful fresh flatleaf parsley
 1 lemon
 Small bunch fresh chives
 4 salmon fillets
 Cayenne pepper

Roast tomato, mascarpone & rocket pasta (v)

600g small vine tomatoes
 2 garlic cloves
 2 sprigs rosemary
 Olive oil
 400g dried linguine
 150g mascarpone
 A couple handfuls rocket leaves
 Parmesan shavings

Spiced prawn and new potatoes

400g new potatoes
 Olive oil
 2 shallots
 Ras-el-hanout seasoning
 Cayenne pepper
 75ml white wine
 400g tin cherry tomatoes
 300g raw king prawns
 Small bunch coriander

Sticky Chinese pork

500g diced pork loin
 3 tbsp light soy sauce
 Sesame oil
 Chinese five spice
 1 garlic clove
 2.5cm piece ginger
 4 tbsp honey
 Vegetable oil
 1 red pepper
 60g mangetout
 Handful bean sprouts
 2 pak choi
 Toasted sesame seeds

Fennel and broad bean tart (v)

375g shortcrust pastry
 Olive oil
 2 large fennel bulbs
 150g broad beans
 4 large free-range eggs
 200ml full fat crème fraîche
 50g vegetarian parmesan