



**Everyday delicious. shopping list: December 2011**  
**All recipes serve 4**

**Meat/fish**

130g pack ready-cooked chicken slices (we like British Roast Chicken Slices from M&S)  
2 outdoor-bred Cumberland pork sausage swirls (from Asda, Sainsbury's and Waitrose)  
2 x skinless salmon fillets (about 125g each)  
100g pack Rannoch Scottish Smoked Venison (from Waitrose), or similar  
100g smoked lardons

**Fresh produce**

300g charlotte potatoes, or any waxy potatoes, thinly sliced  
2 garlic cloves, crushed  
1 leek, sliced  
5 fresh thyme sprigs, leaves picked, plus extra for sprinkling  
415g pack Tesco Butternut Squash & Sweet Potato, or similar  
250g pak choi  
Fresh basil leaves and half a sliced bird's eye chilli (optional) to serve  
1 red onion, finely sliced  
1 fat garlic clove, crushed  
2 fresh rosemary sprigs, leaves picked and chopped  
Small bunch of fresh flatleaf parsley, chopped  
Zest and juice of 1 lime  
Handful of fresh coriander, chopped  
1 ripe pear  
60g bag mixed salad leaves (we like Steve's Leaves, from Sainsbury's and Waitrose)

**Dairy/chilled/frozen**

25g butter, plus extra for greasing  
100g ready-grated cheese such as Gruyère or Cheddar  
100g blue cheese, crumbled

**From the larder**

100ml chicken stock, hot  
400ml tin coconut milk  
500ml vegetable stock  
400g tin cherry tomatoes  
1 tbsp vegetable oil  
2 tbsp soy sauce, plus extra to serve  
1 tbsp clear honey

**Other**

2 tbsp Bart Yellow Thai Curry Paste, or similar

375g packet Tesco Rice Noodles (or any precooked rice noodles)

410g tin mixed pulses in water, drained and rinsed

50g walnuts

3 tsp wasabi powder (we like Clearspring Wasabi powder from Sainsbury's, Waitrose and delis)

50g dried white breadcrumbs (we like Sainsbury's Natural)

4 tbsp teriyaki sauce

250g ready-cooked basmati rice

260g pack stir-fry vegetables (we like Waitrose Rainbow Vegetable Stir Fry)

40g pack Finishing Touches Mango and Chilli Dressing (from Waitrose), or similar