



delicious. magazine Smart Cook shopping list, March 2010

Hot crumbed baby mozzarella, roasted beetroot and potato salad

75g fresh breadcrumbs
1 lemon
Small handful thyme
50g plain flour
2 large free-range eggs
150g baby mozzarella balls
Vegetable oil, for deep-frying
1 red onion
250g new potatoes
4 cooked, peeled beetroot
2 tbsp balsamic vinegar
Olive oil
Generous pinch dried chilli flakes
100g rocket, watercress and spinach
1 tbsp pine nuts/pumpkin seeds

Chilli- and lime-crusted salmon with creamy, herby lentils

Olive oil
½ red onion
250g Puy lentils
75g breadcrumbs
1 red chilli
2 limes
Large handful each of parsley and basil
4 salmon fillets, skinned, pin boned
100g baby spinach
200ml natural yoghurt

Spicy chicken enchiladas

Olive oil
1 courgette
1 red, orange and yellow pepper
2 small red onions
1 tbsp Mexican spice mix (we like Discovery Mexican wicked chilli spice mix)
1 garlic clove
560g jar passata
250g cooked chicken
8 tortilla wraps
200ml crème fraîche
75g Gruyere
1 red chilli
Fresh coriander
Lime wedges

Classic moussaka

75ml olive oil
1 large onion
3 garlic cloves
1 cinnamon stick or ½ tsp ground cinnamon
1 tsp cumin seeds
1 tbsp tomato puree
500g lean lamb mince
200ml red wine
400g can chopped tomatoes
Pinch caster sugar
1 tsp dried oregano
2-3 large aubergines
75g butter
75g plain flour
600ml milk
75g Parmesan, grated
1 large free-range egg yolk
Pinch freshly grated nutmeg

Lamb and chickpea pilaf

1 tbsp olive oil
400g lamb neck fillet
1 large onion
2 cloves garlic
Knob fresh root ginger
2 tsp ras al hanout
250g basmati rice
500ml hot lamb stock
75g dried apricots
400g can chickpeas
Small handful flat leaf parsley

Creamy chicken and butternut squash gratin

1.5kg large free-range chicken (makes about 700g cooked boneless chicken)
2 large onions
2 leeks
1 carrot
2 bay leaves
5 black peppercorns
Small bunch thyme
3 tbsp olive oil
350g butternut squash
75g butter
75g plain flour
1 tsp Dijon mustard
3 tbsp crème fraîche
75g ciabatta
60g Gruyere cheese

Fettuccini with melting Brie, cherry tomatoes and basil

300g Brie
2 garlic cloves
6 tbsp extra virgin olive oil
300g cherry tomatoes
Large handful fresh basil leaves
½ lemon
400g spaghetti or fettuccine

Leek, thyme and goats cheese risotto with crispy bacon

1 tbsp olive oil
2 leeks
2 sticks celery
2 garlic cloves
6 rashers streaky bacon
Small handful fresh thyme or lemon thyme leaves
350g risotto rice
200ml white wine
800ml hot chicken stock
100g goats cheese
25g butter
50g Parmesan cheese

Spicy pork-meatball pitta pockets with harissa mayo and sweet potato wedges

700g (approx. 2 large) sweet potatoes
Olive oil
1 small onion
1 lemongrass
1 garlic clove
Knob root ginger
3 tsp harissa
400g pork sausages
Small handful coriander
50g fresh breadcrumbs
1 large free-range egg yolk
175g fresh mayonnaise
Squeeze lemon juice
4 white pitta breads
100g fresh rocket

Spicy sausage penne

400g pork sausages
1 tbsp olive oil
1 large red onion
2 garlic cloves
1 red chilli or ½ tsp dried chilli flakes
150ml red wine
400g can chopped tomatoes
Pinch caster sugar
400g penne pasta
Small handful fresh parsley
Parmesan