



Everyday delicious. Shopping List, September 2010

White wine and herb roast chicken

400g new potatoes
Olive oil
A handful of fresh flatleaf parsley
A few sprigs of fresh thyme
1 garlic bulb
4 chicken breasts
100ml white wine
100ml chicken stock

Quick prawn and salmon pie

4 sheets filo pastry
Knob of butter
300ml crème fraîche
Zest and juice of 1 lemon
1 red chilli
1 tsp Dijon mustard
400g cooked peeled prawns
120g smoked salmon trimmings
A handful of fresh flatleaf parsley
25g fresh breadcrumbs

Cod and chorizo stew

Olive oil
120g cooking chorizo
1 large onion
1 tsp hot smoked paprika
A pinch of chilli flakes
75ml white wine
400g can of chopped tomatoes
100g sliced roasted peppers
200g tinned chickpeas
450g sustainable skinless cod fillet
A handful of fresh flatleaf parsley

Spicy stuffed aubergines (v)

2 large aubergines
175ml hot vegetable stock
100g giant couscous
2 tbsp extra-virgin olive oil
Zest and juice of ½ lemon
1-2 tbsp harissa
2 medium vine tomatoes
A handful of fresh flatleaf parsley
150g crumbled goat's cheese

Roast sausage, tomato and feta

12 chipolatas
1 red onion
400g cherry tomatoes on the vine
A handful of green beans
Olive oil
150g crumbled feta
A handful of fresh basil leaves

Herby pasta with golden halloumi (v)

350g fresh pasta
250g peas
Olive oil
A large handful of fresh mint leaves
3 tbsp basil pesto
25g grated Parmesan
150g chargrilled antipasto courgettes
100g baby spinach
225g sliced halloumi

Spiced aubergine and potato hash with soft-boiled eggs (v)

500g waxy potatoes
Olive oil
1 large red onion
2 garlic cloves
A knob of butter
160g (about 1 small) diced aubergine
1 tsp ras el hanout spice mix
1 tsp hot smoked paprika
3 chopped fresh tomatoes
A large handful of fresh flatleaf parsley
4 large free-range eggs

Roast spiced cod with chana masala

300g waxy potatoes
Olive oil
400g tin chopped tomatoes
100ml vegetable stock
2 tsp garam masala
1 tsp ground turmeric
1 tsp ground coriander
1 tsp cumin seeds
½ tsp hot chilli powder
1 tbsp grated fresh ginger (about 2.5 cm)
2 cloves garlic
400g tin chickpeas
4 thick cod fillets
A small handful of fresh coriander

Cheddar and leek croquettes with raita dip (v)

Olive oil
A knob of butter
1 large onion
2 large garlic cloves
200g (2 medium) diced leeks
½ tsp chilli flakes
½ cucumber
200g Greek yogurt
1 garlic clove
A handful of fresh mint leaves
100g fresh white breadcrumbs
2 tbsp beer
100g finely grated mature (vegetarian) Cheddar
1 large free-range egg

Pork tenderloin with beetroot coleslaw

650g pork tenderloin
Olive oil
Zest and juice of 1 lemon
1 tbsp fresh oregano leaves
100ml dry cider
3 golden delicious apples
4 beetroot
1 tbsp yogurt

Tagliatelle with peppered steak and lemon cream sauce

1 heaped tbsp mixed peppercorns
2 large sirloin steaks (about 500g total)
1 tsp Dijon mustard
Olive oil
4 large finely sliced shallots
1 large crushed garlic clove
200ml crème fraîche
1 tsp Dijon mustard
Zest and juice of ½ lemon
350g tagliatelle
50g fresh rocket leaves

Steak and creamy mushrooms

Olive oil
1 onion
250g sliced chestnut mushrooms
1 tsp fresh lemon thyme leaves
100ml crème fraîche
200g baby spinach
4 x 150g rump steaks

Parma ham-wrapped lamb

2 tbsp capers
Olive oil
A few sprigs of fresh rosemary
A handful of fresh flatleaf parsley
3 anchovy fillets
2 large garlic cloves
6 slices Parma ham
2 lamb neck fillets
2 x 400g tins cannellini or butter beans
Juice of 1 lemon
A handful of fresh flat leaf parsley

Spanish mussels

Olive oil
300g cooking chorizo
1 onion
150ml red wine
3 x 400g tins of chopped tomatoes
1 tsp smoked paprika
2 tsp hot paprika
2kg cleaned mussels
A large handful of chopped fresh coriander

Scandinavian-style baked meatballs

6 medium beetroot
Olive oil
2 tsp caraway seeds
½ onion
500g pork mince
50g fresh white breadcrumbs
2 tbsp double cream
Zest of 1 lemon
2 tbsp dill
150ml soured cream
A small handful of dill

Yogurt and harissa lamb with crunchy salad

130g Greek yogurt
½ tbsp harissa
1 large crushed garlic clove
4 thick lamb leg steaks
Olive oil
1 small red onion
1 large carrot and mix
30g flaked toasted almonds
2 oranges
A handful of lambs lettuce
2 tsp extra-virgin olive oil
1 tsp red wine vinegar

Chicken pho

1.5 litres good-quality chicken stock
A knob of peeled fresh ginger
1 red chilli
4 tbsp soy sauce
2 tbsp sweet chilli sauce
150g rice noodles
500g diced chicken
2 large pak choi
A handful of fresh mint
A handful of basil leaves
30g beansprouts
1 sliced red chilli
3 sliced spring onions

Ham and Brie stuffed puff parcel

Olive oil
1 large red onion
1 large garlic clove
A small handful of fresh thyme leaves
300g baby spinach
180g cooked ham
2 sheets of ready-rolled puff pastry (425g in total)
180g sliced ripe Brie
1 medium free-range egg

Sticky salmon with sesame

4 pak choi
1 red pepper
1 red chilli
A handful of mangetout
Olive oil
1 tbsp sesame oil
4 salmon
3 tbsp soy sauce
½ tbsp fish sauce
Juice of 1 lime
2 tbsp soft brown sugar
A handful of chopped fresh coriander
Some toasted sesame seeds

Sweet and spicy chicken wings with lemon couscous

2 tbsp Dijon mustard
4 tbsp runny honey
2 large garlic cloves
Zest and juice of 1 lemon
12 large free-range chicken wings
Tabasco sauce
200g couscous
Zest of 1 lemon
Olive oil
325ml hot vegetable stock
A handful of fresh flatleaf parsley
50g shelled unsalted pistachios, roughly chopped