



## Everyday delicious. shopping list: April 2011

All recipes serve 2

### Fresh produce

120g chopped cabbage and leek (from Sainsbury's, Tesco and ASDA)  
125g chestnut mushrooms  
½ x 220g pack Tenderstem Broccoli and Green Beans (from Waitrose)  
2 limes  
Small handful of fresh coriander  
100g sugar snap peas  
2 x baby pak choi  
2 spring onions  
7.5cm piece of cucumber  
110g bag watercress, rocket and spinach (from leading supermarkets)  
1 lemon  
100g cherry tomatoes  
Handful of fresh basil leaves

### Meat/fish

2 x 100g pork loin medallions  
½ x 200g pack free-range duck  
mini fillets  
2 fresh mackerel fillets  
300g pack mini meatballs (we  
like Duchy From Waitrose Organic Mini Meatballs)

### Dairy/chilled/frozen

20g Parmesan  
240g pack Tilda Stir Fry  
Peking Rice  
100g cooked beetroot, sliced

60g mozzarella

### **Other**

100g dried flavoured breadcrumbs, such as Waitrose Cooks' Ingredients

Garlic & Rosemary Crust

½ x 300g pot Waitrose Cider

& Mustard Sauce

450g ready-made mash (we like Sainsbury's Taste the Difference Maris Piper Mash with West Country Double Cream)

1 tbsp chilli and garlic sauce

(we like Lee Kum Kee)

300g pack sweet chilli dressed noodles (from leading supermarkets)

250g pack Merchant Gourmet Puy Lentils with Sun Dried Tomatoes & Basil

400g tin cherry tomatoes

½ x 290g jar Saclà Peperonata Antipasto (from Waitrose)

### **From the larder**

Plain flour

1 free-range egg

Vegetable oil

1 tbsp sesame seeds

2-3 tbsp plum sauce

160g penne or small

rigatoni pasta

4 tbsp toasted pine nuts

1 tbsp honey-roasted peanuts

Extra-virgin olive oil

Olive oil

1 large garlic clove

100ml red wine