



Everyday delicious. shopping list: June 2011

All recipes serve 2

Fresh produce

2 tbsp chopped fresh flat leaf parsley
500g fresh gnocchi
100g red and yellow cherry tomatoes
Small handful of basil leaves
200g baby aubergines
1 red onion
½ x 350g pack butternut squash wedges (from Waitrose and Sainsbury's)
2 tomatoes
150g baby spinach leaves
1 lemon
110g pack spring onions
100g bag Italian-style salad
1 medium onion
Large handful of wild rocket

Meat/fish

300g rack of lamb, bones trimmed of any meat or fat
2 Parma Ham slices
200g hot-smoked salmon fillet (we like Lochmuir Lightly Smoked Lemon & Herb Salmon, from Marks & Spencer)

Dairy/chilled/frozen

½ x 250g pack baby buffalo mozzarella balls
30g Parmigiano-Reggiano, grated
½ x 270g pot fresh mayonnaise
500ml fresh chicken stock
100g Taleggio, rind removed, cut into cubes

Other

3 tbsp Belazu green tapenade (from Sainsbury's)
½ ciabatta
280g chargrilled or roasted peppers in olive oil
50g small Spanish black olives (we like couchillo olives)
180g Waitrose Antipasti Tricolore (green tomatoes, grilled yellow courgettes and semi-dried tomatoes with basil) or similar

Thai Taste Easy Thai Green Curry Kit (from Waitrose and Sainsbury's)
Pre-cooked coconut rice (from Waitrose and Sainsbury's)
400g creamy mashed potato
175g risotto rice
100ml white Burgundy wine
250g pack Tesco Finest Petit Pois with Leeks & Pancetta

From the larder

Olive oil
Vegetable oil
200ml vegetable stock
1½ tbsp hot horseradish from a jar
Plain flour