

# The big three

Shortcut your way to barbecue brilliance with three ingredients that work just as well in the oven as they do on the grill.

MEDITERRANEAN FLAVOURS

## CHORIZO WHIRLS AND SCORCHED VINE TOMATOES

*These paprika-rich sausages make a spicy match for roasted tomatoes on the vine.*

**Serves 4**

**Takes 35 mins**

### Ingredients

- 400g Waitrose Chorizo Style Sausage Whirls
- 350g Ocado Gold Piccolo Cherry Tomatoes
- 2 x 250g Tilda Steamed Brown Basmati, Garden Vegetable & Quinoa • handful of basil leaves

**1.** Preheat oven to 220°C/200°C fan/gas 7 and line a large baking tray with baking paper. **2.** Place the chorizo whirls onto the tray and pop them into the oven for 12-15 mins. **3.** Remove the whirls from the oven and turn them over. Add the piccolo tomatoes and return to the oven for 12-15 mins. **4.** Decant the Tilda pouches into a large frying pan or wok and place over a medium to high heat. Cook for around 3-4 mins until warmed through. **5.** Heap the rice and quinoa into a large serving bowl and top with the chorizo whirls. Lay the roasted tomato vines around the plate and scatter over a few fresh basil leaves for an extra pop of flavour.

**TO BBQ:** Finishing the sausages on the BBQ will make them deliciously golden. Start them in the oven for the first 12-15 mins and then take them out to the grill. Cook, turning occasionally, for another 12-15 mins. You can put the tomatoes on at the same time over indirect heat so they don't cook too quickly.



**Waitrose Chorizo Style Sausage Whirls 400g**  
£4 (£10 per kg)

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**Ocado Gold Piccolo Cherry Tomatoes 350g**  
£2.75 (78.6p per 100g)

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**Tilda Steamed Brown Basmati, Garden Vegetable & Quinoa 250g**  
£1.59 (63.6p per 100g)

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GLUTEN FREE

## CHINESE CHICKEN LETTUCE CUPS WITH PONZU QUINOA

Gem lettuce is the perfect vessel for hot, freshly grilled chicken and bright Asian flavours.

**Serves 4**

**Takes 45 mins**

### Ingredients

- 1 x 900g Ocado BBQ Chinese Chicken Thighs
- 2 Waitrose Ruby Gem Lettuces
- 2 x 180g Waitrose Oriental Black Quinoa Salad
- handful of mint leaves

**1.** Preheat oven to 190°C/170°C fan/gas 5 and line a roasting tin with baking paper. **2.** Place the thighs into the tray and then into the oven for 35-40 mins, or until cooked through. **3.** Slice the bottom off both the lettuces so that the leaves separate and lay them out on a large serving plate. You should be able to make at least 20 lettuce cups. Add the ponzu salad dressing (included in the pack) to the quinoa and mix to coat everything evenly. Spoon a little of the quinoa into the base of each of the lettuce cups. **4.** Once the chicken thighs are cooked, remove them from the oven onto a chopping board and carefully slice or shred the meat off the bone, then place some into each of the lettuce cups. **5.** Add a few mint leaves to each one and serve. **TO BBQ:** Remove the chicken thighs from the oven after 25 mins and cook for a further 5 mins each side on the BBQ, or until cooked through.

**+**  
**Cook's tip:** Keep the very largest and very smallest leaves to add to a salad or sandwich – if the leaves are too big they can be tricky to pick up and if they're too small you can't get much in them!



**Ocado BBQ Chinese Chicken Thighs** 900g  
£4 (£4.44 per kg)

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**Waitrose Ruby Gem Lettuce** 2 per pack  
£1.60 (80p each)

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**Waitrose Oriental Black Quinoa Salad** 180g  
£2 (£1.11 per 100g)

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A NEW TAKE ON CHICKEN

## MOROCCAN SPICED POUSSIN

*A poussin is a young chicken that is ever so succulent when cooked on the bone.*

**Serves 4**  
**Takes 35 mins**

**Ingredients**  
• 2 x 450g Gressingham Fresh Poussin • 1tbsp olive oil • 1tbsp Al'Fez Za'atar • 2 x 235g Waitrose Moroccan Spiced Fruity Couscous • handful of coriander leaves

1. Preheat oven to 200°C/180°C fan/gas 6 and line a roasting tin with baking paper.
  2. Spatchcock the poussins by placing them onto a chopping board breast down. Take a sharp pair of scissors and carefully snip up either side of their spines, staying as close to the bone as possible.
  3. Discard the spine or save for making stock and turn the birds back over, pulling the two cut sides away from each other to flatten. Gently press down on the breast bones to flatten. You now have two spatchcocked poussins ready to cook.
  4. Drizzle over the oil, za'atar and a little seasoning and rub all over the skin. Place into the roasting tin and pop in the oven for 30 mins.
  5. In the meantime, decant the couscous onto your serving plate. Cut each poussin in half and place on top of the couscous. Scatter over a few fresh coriander leaves and serve immediately.
- TO BBQ:** Get your BBQ up and running and remove the birds from the oven after 20 mins. Finish them on the BBQ for 4-5 mins each side, until beautifully golden, slightly charred and completely cooked through.



**Gressingham Fresh Poussin 450g £3.25**  
(£7.22 per kg)

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**Al'Fez Za'atar Authentic Lebanese Herb Blend 38g**  
**£1.79** (47.1p per 100g)

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**Waitrose Fruity Moroccan Cous Cous Salad 235g**  
**£2** (85.1p per 100g)

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## SHORTCUT MEALS

BBQ TREND

### VEGAN 'PULLED PORK' STYLE BURGER

*These clever burgers made with soya and wheat protein nicely mimic the texture of pulled pork.*

**Serves 4**

**Takes 25 mins**

#### Ingredients

- 2 x 227g Ocado Vegan Pulled Pork Style Burgers
- 2 x packs Ocado Seeded Brioche Style Burger Buns
- 6-8tbsp Rubies in the Rubble Smoky Chipotle Ketchup

**1.** Preheat oven to 200°C/180°C fan/gas 6 and line a baking tray with baking paper. **2.** Lay the burgers out on the tray and then pop it into the hot oven for 20 mins. **3.** While the burgers are cooking, slice the burger buns in half and heat a griddle pan. Place the cut sides of the burger buns on the griddle when it's hot to lightly toast them. Keep to one side. **4.** When the burgers are done, place them on a chopping board and use two forks to shred them into more of a pulled-pork style. Add 4tbsp of ketchup and mix well. **5.** Take the burger bases and lay on some salad leaves. Pile the 'pulled pork' up on top. Then layer up whatever you fancy, such as slices of red onion, tomato and pickles. Dollop on a little more ketchup and pop on your lid.



**Ocado 2 Vegan Pulled  
Pork Style Burgers 227g**  
£1.99 (87.7p per 100g)

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**Ocado Seeded Brioche  
Style Burger Buns 2 per  
pack £1 (50p each)**

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**Rubies in the Rubble  
Smoky Chipotle Ketchup**  
270g £2.99 (£1.11 per 100g)

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