

# FEED A CROWD ON A BUDGET SHOPPING LIST



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## Menu

Caramelised Onion and Goat Cheese Tart  
Broccoli, Rocket and Almond Pesto  
on Crostini

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Balsamic and Rosemary Chicken  
Powerhouse Vege Platter  
Zucchini Fettuccine

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Summer Plum Loaf

### Meat and fish

- about 1kg chicken nibbles

### Dairy and eggs

- 3 eggs
- 200g goat cheese
- 200g haloumi
- 250g ricotta
- ¼ cup natural yoghurt, plus extra to serve

### Vegetables and fruit

- 1kg beetroot
- 1 head broccoli
- 4 large carrots
- 2 punnets cherry tomatoes
- 4 cloves garlic
- 2 lemons
- 6-8 ripe red-fleshed plums
- 1 large red onion
- 1 large handful baby spinach leaves
- 2 handfuls rocket leaves
- 4 large zucchini

### Herbs

- ¼ cup torn basil leaves
- ¼ cup chopped mint leaves
- ¼ cup chopped parsley leaves
- 1 tsp finely chopped rosemary leaves, plus extra sprigs to serve
- 2 tsp thyme leaves, plus sprigs for garnish

### Pantry items

- 2 tsp apple glaze or pomegranate molasses
- 2 tbsp Basil Dressing (see page 107) or basil pesto
- about 3 cups Caramelised Onions (see page 109) or storebought caramelised onions
- 400g can chickpeas
- crostini
- ½ cup kalamata olives
- ½ cup roasted hazelnuts

For recipes see my summer annual *Annabel Langbein A Free Range Life: Endless Summer*.

Most main dishes serve four, but some serve six or more, leaving leftovers for lunch the next day or a second meal another night.

Please note quantities are sometimes rounded to allow for easy shopping – for example when 2½ lemons are required the shopping list will call for 3 lemons.

We assume you will have a stock of Storecupboard Basics, such as oils, vinegars, sauces, herbs and spices on hand. See separate checklist for this.