

GLUTEN-FREE GUESTS SHOPPING LIST

Menu

Sesame Rice Balls
Tuna Rice Balls



Twice-Cooked Pork Belly Skewers
Asian Noodle and Cabbage Slaw
Broccoli Salad with Vietnamese Dressing



Healthy Hedonists' Chocolate Mousse



PAGE 51



PAGE 51



PAGE 89



PAGE 91



PAGE 90



PAGE 121

Meat and fish

- 2kg boneless pork belly

Vegetables and fruit

- 2 large just-ripe avocados
- 4 cups bean sprouts
- 1 large head broccoli
- ½ cabbage
- 2 carrots
- 7 medjool or other very soft dates
- 1 tbsp freshly grated ginger
- 1 orange
- 1 red pepper
- 100g snow peas
- 4 spring onions

Herbs

- 1 cup coriander leaves OR ½ cup chopped coriander leaves and ½ cup chopped mint leaves

Pantry items

- ½ cup almond milk or coconut cream
- ½ cup roasted salted cashew nuts
- 3 tbsp good-quality cocoa or cacao powder
- 3 tbsp chopped roasted hazelnuts
- nori sheets, to serve
- 150g pad thai noodles
- ½ cup roasted peanuts
- ¼ cup toasted sesame seeds
- ½ cup toasted sunflower seeds
- 2 cups sushi rice
- Thai Ginger Dressing (see page 91) or storebought Asian dressing
- 2 x 180g cans tuna in spring water
- ¼ cup Vietnamese Caramel Chilli Dressing (see page 106) or storebought Asian dressing

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.