

VEGETARIAN DEGUSTATION SHOPPING LIST



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Menu

Pumpkin and Chickpea Cakes
Date and Tamarind Chutney



Corn and Feta Picnic Pie
Spicy Broccoli Salad with Bean Purée



Watermelon and Coconut Granita



Superhero Balls and Magic Power Balls

Dairy and eggs

- 2 eggs
- 200g feta
- natural greek yoghurt, to serve

Vegetables and fruit

- 2 heads broccoli
- 1 long green chilli
- 2 cups cooked corn kernels
- 1 cup pitted dates
- 1 cup edamame, peas or broad beans
- 4 cloves garlic
- 1 tbsp plus 1 tsp finely grated fresh ginger
- 200g green beans
- 1 lemon
- 1 large onion
- 1 orange
- 500g wedge pumpkin
- ½ smallish watermelon

Herbs

- 1 cup parsley leaves OR ¼ cup chopped coriander leaves and ¾ cup chopped dill, basil or mint leaves
- mint leaves, to serve (optional)

Pantry items

- 1 cup almonds
- ½ cup toasted almonds
- 1 cup dried apricots
- ¼ cup brazil nuts
- ½ cup roasted salted cashews
- 2 x 400g cans chickpeas
- 2 tbsp good-quality cocoa
- 1 cup coconut cream
- Date & Tamarind Chutney (see page 109) or storebought tamarind chutney, to serve
- 7 sheets filo pastry
- 1 cup LSA (ground linseed, sunflower seed and almond) or finely chopped nuts
- 1¼ cups mixed nuts such as roasted cashews and walnuts
- ¼ cup pumpkin seeds
- ¼ cup sunflower seeds
- 1 cup walnuts
- 2 x 400g cans white beans

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.