

annabel langbein
The Free Range Cook
through the seasons.

**menu planner for
DINNER IN A FLASH**

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Spicy Seafood Fritters with Avocado Salsa, *Page 28 and 31*

Speedy Salmon with Vietnamese Dressing, *Page 40*

Udon Noodle Salad, *Page 43*

Strawberry Fool with Pistachio Praline, *Page 75 and 84*

PREP PLAN

well ahead

- Shake the ingredients together for the Vietnamese Dressing and keep in the fridge for up to a week. You need this dressing for the Speedy Salmon and Udon Noodle Salad.
- The berry puree for the Strawberry Fool can be prepared and chilled for a week or frozen for longer.
- The Pistachio Praline can be made in advance and stored in an airtight container for weeks. Whizz half of the praline into crumbs for the Strawberry Fool.

the day before

- Cook the noodles for the Udon Noodle Salad and store, covered, in the fridge.

on the day

- Mix the ingredients for the Spicy Seafood Fritters and chill until ready to cook. If desired, par-cook the fritters on the stovetop and finish in the oven when ready to serve. See recipe for details.
- The Avocado Salsa can be combined two or three hours in advance.
- Prepare vegetables for the Udon Noodle Salad.
- Whip the cream ready for the Strawberry Fool and store covered in fridge.

final preparations

- Pop the par-cooked Spicy Seafood Fritters in the oven to finish off.
- When ready to serve the Spicy Seafood Fritters, top each fritter with a little Avocado Salsa.
- After the entrée, pour the Vietnamese Dressing over the salmon and pop in the oven. Allow for the 10 minute resting time and serve with coriander and lime cheeks if using.
- While the salmon is cooking, combine the noodles, vegetables and dressing for the Udon Noodle Salad.
- After the meal, make up the individual Strawberry Fools in small jars or glasses following the recipe. Top with Pistachio Praline Crumbs and serve immediately.