

# GLUTEN-FREE GUESTS SHOPPING LIST

## MENU

Pea, Mint and Feta Fritters

★

Spanish Chicken Bake  
Roasted Vegetable Platter  
Pear and Fennel Salad

★

Gluten-Free Red Velvet Cake



60



97



42

### Meat and fish

- 4 chicken legs

### Dairy and eggs

- 5 eggs (3 large)
- 120g feta
- ½ cup natural yoghurt

### Vegetables and fruit

- 4 beetroot (2 large)
- 4 carrots
- 1 fennel bulb (about 200g)
- 1 clove garlic
- 2 tsp finely grated fresh ginger
- 1 lemon
- 2 parsnips or 4-5 jerusalem artichokes
- 2 just-ripe pears
- 2 cups peas
- 800g pumpkin
- 3 small red onions
- 5-6 handfuls baby spinach or rocket leaves
- 2 handfuls watercress or spinach leaves

### Herbs

- ¼ cup finely chopped mint leaves
- 2 tbsp chopped parsley leaves

### Pantry items

- ½ cup Buttermilk Dressing (see page 110)
- 1 tbsp capers (optional)
- 200g chocolate, to serve
- 200g dark chocolate (at least 70 percent cocoa solids)
- a little dukkah, to garnish
- ½ cup kalamata olives
- 2 cups Spanish Sunday Sauce (see page 53)
- 1 cup walnut pieces

For recipes see my winter annual *Annabel Langbein A Free Range Life: Share the Love*.

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.