

VEGETARIAN FEAST SHOPPING LIST

MENU

Smoky Cashew and Red Pepper
Salsa with crudité's
Silky Pumpkin and Kumara Soup

★

Chermoula Tray Bake
Ruby Red Salad

★

Gluten-Free Orange and Almond Cake
Hummingbird Bliss Balls



110



95



150

Dairy and eggs

- 4 eggs
- 250g mascarpone (optional)
- ½ cup creamy natural yoghurt

Vegetables and fruit

- 2 beetroot (300g)
- 6-8 brussels sprouts
- ¼ red cabbage
- 1 carrot
- 1 small cauliflower
- 4 cloves garlic
- 1 tbsp finely grated fresh ginger
- 2-3 orange or golden kumara (about 600g)
- 2 lemons
- 1 large onion
- 4 oranges
- 3 potatoes
- 1kg pumpkin
- 1 small red onion

Herbs

- 2 tbsp chopped coriander or mint leaves
- ¼ cup finely chopped mint leaves

Pantry items

- 1 cup roasted salted cashews
- 2 tbsp Chermoula Spice Mix (see page 111)
- 6 cups chicken stock
- 400g can chickpeas or 1½ cups cooked chickpeas
- 1 tbsp chipotle peppers in adobo sauce, or more to taste
- 2 cups pitted dates
- 2 tbsp dukkah
- 3½ cups ground almonds
- ½ cup ground linseeds
- 2 roasted or bottled red peppers
- 230-240g can chunk or crushed pineapple
- 1 cup fine polenta
- ½ cup sunflower seeds

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.