SHOPPING LIST

Plant-Based Burger Night

5 dishes

Fresh Herb Spring Rolls with Peanut-Lime Dip

Serves 4 (8 rolls)

Rolls

- [ ] 8 rice paper wrappers
- [ ] 100 g rice vermicelli
- [ ] 1 carrot, cut into matchsticks
- [ ] ½ cucumber, cut into matchsticks
- [ ] 8 soft lettuce leaves
- [ ] A handful each of fresh mint and coriander (or basil)
- [ ] 200 g firm tofu, pressed and sliced into thin sticks (optional)

Peanut-lime dip

- [ ] 3 tbsp smooth peanut butter
- [ ] 1 tbsp hoisin sauce
- [ ] 1 tbsp lime juice
- [ ] 1 tsp soy sauce
- [ ] 2 to 3 tbsp warm water

Black Bean and Sweet Potato Burgers

Serves 4 burgers

For the patties

- [ ] 1 large sweet potato (about 350 g), cut in cubes
- [ ] 400 g can black beans, drained
- [ ] 60 g rolled oats
- [ ] 1 tsp smoked paprika
- [ ] 1 tsp ground cumin
- [ ] 2 garlic cloves, crushed

- [ ] 2 tbsp tomato paste
- [ ] 1/2 tsp salt
- [ ] 2 tbsp oil, for frying

For the spicy mayo

- [ ] 3 tbsp vegan mayonnaise
- [ ] 1 tsp sriracha

To build

- [ ] 4 burger buns (check they are vegan)
- [ ] 1 avocado, sliced
- [ ] A few lettuce leaves
- [ ] 1 tomato, sliced

Bendy Fries with Paprika Salt

Serves 4

For the fries

- [ ] 800 g floury potatoes (Maris Piper or similar)
- [ ] 2 tbsp cornflour
- [ ] 3 tbsp neutral oil
- [ ] 1/2 tsp salt

For the paprika salt

- [ ] 1 tsp smoked paprika
- [ ] 1 tsp sea salt
- [ ] 1/2 tsp garlic powder
- [ ] 1/4 tsp cayenne pepper

Vegan Dark Chocolate Cake

Serves 10 slices

For the cake

- [ ] 250 g plain flour
- [ ] 200 g caster sugar
- [ ] 60 g unsweetened cocoa powder
- [ ] 2 tsp baking powder
- [ ] 1 tsp bicarbonate of soda

- [ ] 1/2 tsp salt
- [ ] 300 ml oat milk
- [ ] 100 ml neutral oil
- [ ] 1 tbsp white wine vinegar
- [ ] 2 tsp vanilla extract

For the ganache

- [ ] 200 g dairy-free dark chocolate, chopped
- [ ] 200 ml coconut milk (from a can, full fat)

Virgin Mojito

Serves 1 glass

- [ ] 1 lime, cut in 6 wedges
- [ ] 10 fresh mint leaves
- [ ] 2 tsp sugar
- [ ] 100 ml sparkling water
- [ ] Crushed ice
- [ ] A sprig of mint, to serve

Tick off what you already have at home.