SHOPPING LIST

Seaside Supper

5 dishes

Roasted Tomato and Garlic Soup with Crusty Bread

Serves 4

- [ ] 1 kg ripe tomatoes, halved
- [ ] 1 head of garlic, top sliced off
- [ ] 1 large onion, cut in wedges
- [ ] 3 tbsp olive oil
- [ ] 1 tsp sugar
- [ ] 500 ml vegetable stock
- [ ] A handful of fresh basil
- [ ] Salt and black pepper

To serve

- [ ] 4 thick slices of crusty bread
- [ ] Extra olive oil for drizzling

Crispy-Skin Salmon with Herb Potato Salad

Serves 4

For the salmon

- [ ] 4 skin-on salmon fillets (about 150 g each)
- [ ] 1 tbsp neutral oil
- [ ] Salt and black pepper
- [ ] Lemon wedges, to serve

For the potato salad

- [ ] 700 g baby potatoes, halved
- [ ] 200 g green beans, trimmed
- [ ] 3 tbsp olive oil
- [ ] 1 tbsp white wine vinegar

- [ ] 1 tbsp Dijon mustard
- [ ] 1 shallot, very thinly sliced
- [ ] 2 tbsp capers, drained
- [ ] Zest of 1 lemon
- [ ] A large handful of dill and parsley, chopped

Garlic Roasted Broccoli with Lemon and Chilli

Serves 4

- [ ] 2 large heads of broccoli, cut in medium florets
- [ ] 4 tbsp olive oil
- [ ] 4 garlic cloves, thinly sliced
- [ ] 1/2 tsp chilli flakes
- [ ] 1 lemon, zest and juice
- [ ] Salt and black pepper
- [ ] 2 tbsp toasted pine nuts or almonds (optional)

Meringue Nests with Lemon Cream and Berries

Serves 6

For the meringues

- [ ] 3 egg whites
- [ ] 170 g caster sugar
- [ ] 1 tsp cornflour
- [ ] 1 tsp white wine vinegar

For the filling

- [ ] 200 ml double cream
- [ ] 150 g Greek yoghurt
- [ ] 3 tbsp lemon curd
- [ ] 300 g mixed berries

Hibiscus Cold Brew with Orange

Serves 4 glasses

- [ ] 3 tbsp dried hibiscus flowers (or 4 hibiscus tea bags)
- [ ] 1 litre cold water

- [ ] 1 orange, sliced
- [ ] 1 cinnamon stick
- [ ] 2 to 3 tbsp maple syrup or sugar
- [ ] Ice

Tick off what you already have at home.