

# FOOBY

WE LOVE FOOD

## Vegetarian weekly meal plan for 4 people

### IN RESERVE:

- salt
- pepper
- 150 g white flour
- 1 ½ tsp baking powder
- 23 ½ g sugar
- 1 tbsp cornflour
- ½ tbsp apple vinegar
- 1 tbsp rapeseed oil
- 1.25 dl olive oil
- 7 onions
- 10 garlic cloves
- 1.8 litre vegetable bouillon
- clarified butter
- 50 g butter

### INGREDIENTS

#### FRUITS / VEGETABLES / SALADS

- 200 g peas
- 4 shallots
- 2 spring onions incl. green parts
- 2.2 kg leek
- 160 g walnut kernels
- 4 dried apple rings

- 1 avocado
- ½ tbsp ginger
- 1 fennel
- a little cress
- ½ bunch peppermint
- ¾ apples
- ½ cucumber
- 1.3 kg mealy potato
- 2 organic lime
- 2 red chilli peppers
- 2.5 kg carrots
- 1 organic orange
- 300 g baby spinach
- 1 tbsp peppermint
- 2 flat-leaf parsley bunches
- ½ bunch chives
- 125 g vine-ripened cherry tomatoes
- 1 bunch coriander
- 250 g king oyster mushrooms
- 1 bunch radish
- 2 kg sweet potatoes

#### DAIRY PRODUCTS / EGGS

- 250 g cream cheese with herbs
- 200 g crème fraîche
- 200 g feta

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- clarified butter
- 1 tbsp butter
- 5 dl coconut milk
- 1.2 dl milk
- 14 eggs
- 30 g grated Gruyère
- 250 g butter
- 150 g grated mozzarella
- 2 ½ dl cream
- ½ dl single cream for sauces
- 280 g grated Parmesan

#### PASTA

- 12 green lasagne sheets
- ½ pastry dough, rolled into a circle
- 6 tbsp breadcrumbs
- 500 g large elbow macaroni
- 250 g basmati, lentil & quinoa mix
- 2 parcels strudel pastry
- 1.1 kg pasta (e.g. linguine)

#### SPICES

- cinnamon
- 4 tbsp sesame seeds
- nutmeg
- ¾ tsp lemon juice
- ¼ bunch Thai basil
- 1 tbsp thyme leaf

- 3 tbsp red curry paste
- 2 sprigs rosemary
- 2 tsp Dukkah (spice mix)
- 2 bay leaves
- 1 ½ tsp ground cumin
- 2 tsp ground coriander seeds

#### SOUPS / PRESERVES / JAM

- 200 g red lentils
- 1 tin corn kernels

#### OIL / VINEGAR

- 2 tbsp sesame oil

#### FROZEN FOOD

- 400 g frozen chopped spinach
- 1 kg frozen leaf spinach

#### SPIRITS

- 1 dl vermouth (e.g. Noilly Prat)

#### BAKING INGREDIENTS

- 78 ½ g white flour
- ¼ parcel vanilla sugar

### NOTES / OTHER INGREDIENTS

FOLD HERE!