FREE RECIPE BOOK

The AllRecipeZone Recipe Collection

15 everyday recipes with exact quantities, metric equivalents and safe cooking temperatures.

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DINNER · AMERICAN · GLUTEN FREE, DAIRY FREE

Sheet-Pan Lemon Garlic Chicken Thighs



Crisp-skinned chicken thighs roasted on one pan with baby potatoes, lemon, garlic and oregano. About 45 minutes, start to finish.

PREP	COOK	TOTAL	MAKES	LEVEL
10 min	35 min	45 min	8 thighs	Easy

Ingredients

- **8** bone-in, skin-on chicken thighs, about 2.5 lb / 1.1 kg total
- **1½ lb** baby potatoes, halved (680 g)
- **3 tbsp** olive oil, divided
- **1** lemon, zested, then cut into wedges
- **4 cloves** garlic, finely grated or minced
- **1 tsp** dried oregano
- **1½ tsp** kosher salt, divided
- **½ tsp** black pepper
- **2 tbsp** flat-leaf parsley, chopped, to finish

Method

1. Heat the oven to 425°F (220°C) with a rack in the upper-middle position.
2. Toss the potatoes on the sheet pan with 1 tablespoon of the oil and ½ teaspoon of the salt. Spread them out cut-side down.
3. Pat the chicken thighs dry with paper towels. In a small bowl, mix the remaining 2 tablespoons oil, lemon zest, garlic, oregano, remaining 1 teaspoon salt and the pepper. Rub it all over the chicken.
4. Nestle the chicken skin-side up among the potatoes, keeping a little space between pieces so the skin browns rather than steams. Add the lemon wedges.
5. Roast for 35 to 40 minutes, until the skin is deep golden and the thickest part of a thigh, away from the bone, reads at least 165°F (74°C). 165°F / 74°C
6. Squeeze the roasted lemon wedges over the pan, scatter with parsley and serve.

Storage: Cool, then refrigerate in a covered container within 2 hours of cooking. Keeps 3 to 4 days. Freeze the chicken (not the potatoes, which turn grainy) for up to 3 months.
Times are estimates; this recipe is awaiting a kitchen test. Full notes, substitutions and FAQs: allrecipezone.com/recipes/sheet-pan-lemon-garlic-chicken-thighs.html

DINNER · INDIAN-INSPIRED · VEGAN, VEGETARIAN, GLUTEN FREE, DAIRY FREE

Chickpea and Spinach Coconut Curry



A pantry-friendly vegan curry of chickpeas, tomatoes and coconut milk, finished with spinach and lime. Ready in about 35 minutes.

PREP	COOK	TOTAL	MAKES	LEVEL
10 min	25 min	35 min	4 servings	Easy

Ingredients

- **2 tbsp** neutral oil, such as sunflower or canola
- **1** large yellow onion, diced
- **4 cloves** garlic, minced
- **1 tbsp** fresh ginger, finely grated
- **2 tsp** ground cumin
- **2 tsp** ground coriander
- **1 tsp** ground turmeric
- **¼ tsp** cayenne pepper, optional, for heat
- **1 can** diced tomatoes, 14.5 oz / 411 g can, with juices
- **2 cans** chickpeas, 15 oz / 425 g cans, drained and rinsed
- **1 can** full-fat coconut milk, 13.5 oz / 400 ml can
- **1 tsp** fine salt, plus more to taste
- **5 oz** baby spinach (140 g)
- **1 tbsp** lime juice, from about half a lime

Method

1. Heat the oil in a large skillet over medium heat. Add the onion and cook, stirring occasionally, until soft and golden at the edges, 6 to 8 minutes.
2. Add the garlic and ginger and cook for 1 minute. Add the cumin, coriander, turmeric and cayenne and stir constantly for 1 minute, until fragrant.
3. Pour in the tomatoes with their juices, scraping up anything stuck to the pan. Add the chickpeas, coconut milk and salt. Bring to a simmer.
4. Simmer uncovered, stirring now and then, until slightly thickened, 12 to 15 minutes.
5. Stir in the spinach a handful at a time until wilted, about 2 minutes. Turn off the heat, stir in the lime juice, and taste for salt. Serve with rice or flatbread.

Storage: Keeps 4 days in a covered container. The flavour improves by the next day. Freeze for up to 3 months. The spinach softens further but tastes fine.
Times are estimates; this recipe is awaiting a kitchen test. Full notes, substitutions and FAQs: allrecipezone.com/recipes/chickpea-spinach-curry.html

BREAKFAST · AMERICAN · VEGETARIAN

Fluffy Buttermilk Pancakes

Tall, tender buttermilk pancakes made with pantry staples. Makes about 12 pancakes in 30 minutes.



PREP	COOK	TOTAL	MAKES	LEVEL
10 min	20 min	30 min	about 12 pancakes	Easy

Ingredients

- **2 cups** all-purpose flour, spooned and levelled (250 g)
- **2 tbsp** granulated sugar (25 g)
- **2 tsp** baking powder
- **1 tsp** baking soda
- **½ tsp** fine salt
- **2 cups** buttermilk, at room temperature if possible (480 ml)
- **2** large eggs
- **3 tbsp** unsalted butter, melted, plus more for the pan (42 g)

Method

1. In a large bowl, whisk together the flour, sugar, baking powder, baking soda and salt.
2. In a second bowl, whisk the buttermilk and eggs, then whisk in the melted butter.
3. Pour the wet ingredients into the dry and fold with a spatula just until no streaks of flour remain. Leave the lumps. Rest the batter for 5 minutes.
4. Heat a skillet or griddle over medium heat and brush lightly with butter. The pan is ready when a drop of water sizzles and skitters.
5. Pour ¼ cup (60 ml) of batter per pancake. Cook until bubbles form on the surface and the edges look set, about 2 minutes. Flip and cook until golden underneath, 1 to 2 minutes more.
6. Keep finished pancakes warm on a rack in a 200°F (95°C) oven while you cook the rest.

Storage: Keep cooked pancakes covered in the fridge for up to 3 days. Freeze in a single layer, then transfer to a bag with parchment between them. Keeps 2 months.
Times are estimates; this recipe is awaiting a kitchen test. Full notes, substitutions and FAQs: allrecipezone.com/recipes/buttermilk-pancakes.html

BREAKFAST · NORTH AFRICAN · VEGETARIAN, GLUTEN FREE

Shakshuka

Eggs gently poached in a cumin-and-paprika spiced tomato and pepper sauce. A one-pan breakfast or dinner in about 35 minutes.

PREP	COOK	TOTAL	MAKES	LEVEL
10 min	25 min	35 min	4 servings	Easy



Ingredients

- **2 tbsp** olive oil
- **1** medium onion, diced
- **1** red bell pepper, diced
- **3 cloves** garlic, thinly sliced
- **1 tsp** ground cumin
- **1 tsp** sweet paprika
- **¼ tsp** red pepper flakes, optional
- **1 can** crushed tomatoes, 28 oz / 794 g can
- **½ tsp** fine salt
- **6** large eggs
- **2 oz** feta cheese, crumbled, optional (55 g)
- **2 tbsp** cilantro or parsley, chopped

Method

1. Heat the oil in the skillet over medium heat. Add the onion and pepper and cook, stirring occasionally, until soft, about 8 minutes.
2. Add the garlic, cumin, paprika and pepper flakes and stir for 1 minute until fragrant.
3. Add the crushed tomatoes and salt. Simmer, stirring occasionally, until thickened, 8 to 10 minutes. Taste and adjust the salt.
4. Make 6 wells in the sauce with the back of a spoon and crack an egg into each. Cover and cook over medium-low heat until the whites are completely set, 5 to 8 minutes. 160°F / 71°C
5. Scatter with feta and herbs and serve from the pan.

Storage: The sauce keeps 4 days on its own. Cooked eggs are best eaten straight away. Freeze the sauce without eggs for up to 3 months.

Times are estimates; this recipe is awaiting a kitchen test. Full notes, substitutions and FAQs: allrecipezone.com/recipes/shakshuka.html

DINNER · AMERICAN · GLUTEN FREE, DAIRY FREE

Sheet-Pan Dijon Salmon with Green Beans



Salmon fillets with a honey-Dijon glaze, roasted on one pan with garlicky green beans. On the table in about 25 minutes.

PREP	COOK	TOTAL	MAKES	LEVEL
10 min	15 min	25 min	4 servings	Easy

Ingredients

- **1 lb** green beans, trimmed (450 g)
- **3 tbsp** olive oil, divided
- **1 tsp** kosher salt, divided
- **½ tsp** black pepper
- **4** salmon fillets, about 6 oz / 170 g each, skin on or off
- **2 tbsp** Dijon mustard
- **1 tbsp** honey
- **2 cloves** garlic, finely grated
- **1** lemon, half juiced, half cut into wedges

Method

1. Heat the oven to 425°F (220°C). Toss the green beans on the sheet pan with 1 tablespoon of the oil, ½ teaspoon of the salt and the pepper. Roast for 5 minutes.
2. Meanwhile, pat the salmon dry and season with the remaining ½ teaspoon salt. Whisk together the remaining 2 tablespoons oil, mustard, honey, garlic and the lemon juice.
3. Push the beans to the edges of the pan and lay the salmon in the middle. Spoon the glaze over the fillets.
4. Roast until the salmon flakes easily with a fork and reaches 145°F (63°C) in the thickest part, 10 to 12 minutes depending on thickness. 145°F / 63°C
5. Serve with the lemon wedges.

Storage: Keeps 3 days in a covered container. Not recommended: cooked salmon turns dry and the beans go soft.
Times are estimates; this recipe is awaiting a kitchen test. Full notes, substitutions and FAQs: allrecipezone.com/recipes/sheet-pan-salmon-green-beans.html

DINNER · MEXICAN-INSPIRED · VEGETARIAN

Crispy Black Bean Tacos

Pan-fried corn tortillas filled with spiced mashed black beans and melted cheese, topped with a quick lime slaw. 30 minutes.



PREP	COOK	TOTAL	MAKES	LEVEL
15 min	15 min	30 min	8 tacos	Easy

Ingredients

BLACK BEAN FILLING

- **2 cans** black beans, 15 oz / 425 g cans, drained and rinsed
- **1 tsp** ground cumin
- **1 tsp** chili powder
- **½ tsp** garlic powder
- **½ tsp** fine salt
- **2 tbsp** water

LIME SLAW

- **2 cups** shredded green or red cabbage (140 g)
- **1** lime, juiced
- **2 tbsp** cilantro, chopped
- **1 pinch** salt

TO ASSEMBLE

- **8** corn tortillas, 6 inch / 15 cm
- **1 cup** shredded Monterey Jack cheese (115 g)
- **2 tbsp** neutral oil, for frying
- **1** ripe avocado, sliced, to serve

Method

1. Toss the cabbage with the lime juice, cilantro and a pinch of salt. Set aside while you make the tacos; it softens slightly as it stands.
2. In a bowl, mash the black beans with the cumin, chili powder, garlic powder, salt and water until mostly smooth with some whole beans left.
3. Warm the tortillas: wrap them in a damp towel and microwave for 30 to 45 seconds, or warm each one in a dry skillet for a few seconds per side.
4. Spread about 3 tablespoons of the bean mixture over half of each tortilla, top with cheese, and fold closed.
5. Heat 1 tablespoon of oil in the skillet over medium heat. Fry the tacos in batches, pressing gently, until crisp and golden, 2 to 3 minutes per side. Add more oil for the second batch.
6. Open each taco slightly and tuck in slaw and avocado. Serve straight away.

Storage: Store leftover filling and slaw separately for up to 4 days. Fried tacos are best eaten fresh. Freeze the bean filling for up to 3 months.

Times are estimates; this recipe is awaiting a kitchen test. Full notes, substitutions and FAQs: allrecipezone.com/recipes/crispy-black-bean-tacos.html

LUNCH · AMERICAN · VEGETARIAN, GLUTEN FREE

Creamy Tomato Soup

Smooth tomato soup made from canned whole tomatoes, onion and garlic, finished with cream and basil. About 40 minutes.



PREP	COOK	TOTAL	MAKES	LEVEL
10 min	30 min	40 min	about 6 cups	Easy

Ingredients

- **3 tbsp** unsalted butter (42 g)
- **1** medium onion, chopped
- **3 cloves** garlic, smashed
- **2 cans** whole peeled tomatoes, 28 oz / 794 g cans, with juices
- **2 cups** vegetable broth (480 ml)
- **1 tsp** fine salt, plus more to taste
- **1 tsp** sugar, optional
- **½ cup** heavy cream (120 ml)
- **¼ cup** fresh basil leaves, torn (6 g)

Method

1. Melt the butter in a large saucepan over medium heat. Add the onion and cook until soft but not browned, about 8 minutes. Add the garlic and cook for 1 minute.
2. Add the tomatoes with their juices, crushing them with a spoon, then the broth and salt. Bring to a boil, lower the heat and simmer, partly covered, for 20 minutes.
3. Turn off the heat. Blend until smooth with an immersion blender. If you use a countertop blender, fill it no more than half full, remove the centre cap of the lid and cover the opening with a folded towel so steam can escape.
4. Return the soup to low heat and stir in the cream. Taste, and add the sugar and more salt if needed. Do not let it boil after adding the cream.
5. Serve topped with torn basil.

Storage: Keeps 4 days in a covered container. Freeze for up to 3 months. For the best texture, freeze before adding the cream and stir it in when reheating.

Times are estimates; this recipe is awaiting a kitchen test. Full notes, substitutions and FAQs: allrecipezone.com/recipes/creamy-tomato-soup.html

LUNCH · GREEK · VEGETARIAN, GLUTEN FREE

Greek Salad (Horiatiki)



The classic Greek village salad of ripe tomatoes, cucumber, pepper, red onion, olives and a slab of feta, dressed with olive oil and oregano.

PREP	TOTAL	MAKES	LEVEL
15 min	15 min	4 servings	Easy

Ingredients

- **1½ lb** ripe tomatoes, about 4 medium, cut into wedges (680 g)
- **1** cucumber, halved lengthwise and sliced thick
- **1** green bell pepper, sliced into rings
- **½** small red onion, thinly sliced
- **½ cup** Kalamata olives (75 g)
- **7 oz** feta cheese, one block (200 g)
- **¼ cup** extra-virgin olive oil (60 ml)
- **1 tbsp** red wine vinegar
- **1 tsp** dried oregano
- **½ tsp** flaky or fine salt

Method

1. Put the tomatoes in the serving bowl and sprinkle with the salt. Let them stand for 5 minutes.
2. Add the cucumber, pepper, onion and olives and toss gently.
3. Drizzle with the vinegar and olive oil and toss again.
4. Lay the feta on top as a single slab, sprinkle everything with oregano, and serve with bread to soak up the juices.

Storage: Best eaten the day it is made. Leftovers keep 1 day in the fridge, but the tomatoes soften. Do not freeze.
Times are estimates; this recipe is awaiting a kitchen test. Full notes, substitutions and FAQs: allrecipezone.com/recipes/greek-salad.html

DESSERTS · AMERICAN · VEGETARIAN

Brown Butter Chocolate Chip Cookies



Chewy chocolate chip cookies with nutty browned butter and crisp edges. Makes about 24 cookies.

PREP	COOK	COOL AND CHILL	TOTAL	MAKES
20 min	20 min	45 min	1 hr 25 min	about 24 cookies

LEVEL
Medium

Ingredients

1 cup unsalted butter, 2 sticks (226 g)

¾ cup packed light brown sugar (160 g)

½ cup granulated sugar (100 g)

1 large egg, at room temperature

1 large egg yolk, at room temperature

2 tsp vanilla extract

2¼ cups all-purpose flour, spooned and levelled (280 g)

1 tsp baking soda

1 tsp kosher salt

1½ cups semisweet chocolate chips or chopped chocolate (255 g)

Method

1. Melt the butter in the saucepan over medium heat, swirling often. It will foam, then the foam will subside and brown flecks will form on the bottom. When it smells nutty and is amber-brown, 5 to 8 minutes, pour it into a large bowl, scraping in the brown bits.
2. Let the butter cool for 15 minutes, until warm but not hot.
3. Whisk both sugars into the butter, then whisk in the egg, yolk and vanilla until glossy, about 1 minute.
4. Add the flour, baking soda and salt and stir with a spatula until just combined. Fold in the chocolate.
5. Cover and refrigerate the dough for 30 minutes. It firms up and the cookies spread less.
6. Heat the oven to 350°F (175°C) and line the baking sheets with parchment. Scoop 2-tablespoon portions, about 2 inches (5 cm) apart.
7. Bake one sheet at a time until the edges are golden and the centres still look slightly underdone, 10 to 12 minutes. Cool on the sheet for 5 minutes, then move to a rack.

Storage: Not needed. Store baked cookies in an airtight container at room temperature for up to 5 days. Freeze portioned raw dough balls for up to 3 months and bake from frozen, adding 1 to 2 minutes. Baked cookies freeze for 2 months.
Times are estimates; this recipe is awaiting a kitchen test. Full notes, substitutions and FAQs: allrecipezone.com/recipes/brown-butter-chocolate-chip-cookies.html

BREAKFAST · AMERICAN · VEGETARIAN

Berry Overnight Oats

No-cook rolled oats soaked overnight in milk and yogurt with chia seeds, topped with berries. Five minutes of prep the night before.

PREP	CHILL	TOTAL	MAKES	LEVEL
5 min	6 hr	6 hr 5 min	2 servings	Easy



Ingredients

- **1 cup** old-fashioned rolled oats (90 g)
- **1 cup** milk, dairy or unsweetened plant milk (240 ml)
- **½ cup** plain Greek yogurt (120 g)
- **1 tbsp** chia seeds
- **1 tbsp** maple syrup or honey, plus more to taste
- **½ tsp** vanilla extract
- **1 pinch** salt
- **1 cup** mixed berries, fresh or thawed frozen (150 g)

Method

1. In a bowl, stir together the oats, milk, yogurt, chia seeds, maple syrup, vanilla and salt.
2. Divide between the two jars, cover and refrigerate for at least 6 hours or overnight.
3. In the morning, stir, loosen with a splash of milk if it is too thick, and top with the berries.

Storage: Keeps up to 4 days in sealed jars without the berries. Not recommended; the texture turns watery when thawed. Times are estimates; this recipe is awaiting a kitchen test. Full notes, substitutions and FAQs: allrecipezone.com/recipes/overnight-oats.html

DINNER · CHINESE-AMERICAN · DAIRY FREE

Chicken and Broccoli Stir-Fry

Tender sliced chicken and crisp broccoli in a glossy garlic-ginger soy sauce. About 30 minutes, served over rice.

PREP	COOK	TOTAL	MAKES	LEVEL
15 min	12 min	27 min	4 servings	Medium



Ingredients

CHICKEN

- **1¼ lb** boneless, skinless chicken breasts, sliced thinly across the grain (570 g)
- **1 tbsp** cornstarch
- **1 tbsp** low-sodium soy sauce

SAUCE

- **¼ cup** low-sodium soy sauce (60 ml)
- **2 tbsp** oyster sauce
- **1 tbsp** rice vinegar
- **1 tsp** toasted sesame oil
- **1 tsp** sugar
- **2 tsp** cornstarch
- **½ cup** water or chicken stock (120 ml)

STIR-FRY

- **2 tbsp** neutral oil, divided
- **1 lb** broccoli florets, bite-size (450 g)
- **3 cloves** garlic, minced
- **1 tbsp** fresh ginger, minced
- **2** green onions, sliced, to finish

Method

1. Toss the chicken with 1 tablespoon cornstarch and 1 tablespoon soy sauce. Set aside for 10 minutes while you prepare everything else.
2. Whisk all the sauce ingredients together in a small bowl until the cornstarch dissolves.
3. Heat 1 tablespoon oil in the wok over high heat until shimmering. Add the broccoli and 2 tablespoons water and stir-fry until bright green and crisp-tender, 3 to 4 minutes. Transfer to a plate.
4. Add the remaining 1 tablespoon oil. Spread the chicken in a single layer and leave it for 1 minute to brown, then stir-fry until cooked through with no pink inside, 3 to 4 minutes. It should reach 165°F (74°C). 165°F / 74°C
5. Add the garlic and ginger and stir for 30 seconds. Return the broccoli, stir the sauce again and pour it in. Toss until the sauce bubbles and turns glossy, about 1 minute.
6. Scatter with green onions and serve over rice.

Storage: Keeps 3 to 4 days in a covered container. Freeze for up to 2 months; the broccoli will soften.
Times are estimates; this recipe is awaiting a kitchen test. Full notes, substitutions and FAQs: allrecipezone.com/recipes/chicken-broccoli-stir-fry.html

LUNCH · AMERICAN · VEGAN, VEGETARIAN, GLUTEN FREE, DAIRY FREE

Roasted Butternut Squash Soup



Silky vegan butternut squash soup: the squash is roasted first for deeper flavour, then simmered with onion, garlic and a little nutmeg.

PREP	COOK	TOTAL	MAKES	LEVEL
20 min	45 min	1 hr 5 min	about 8 cups	Easy

Ingredients

1 medium butternut squash, about 3 lb / 1.4 kg, peeled, seeded and cut into 1-inch (2.5 cm) cubes

3 tbsp olive oil, divided

1½ tsp fine salt, divided, plus more to taste

1 medium onion, chopped

2 cloves garlic, chopped

¼ tsp ground nutmeg

4 cups vegetable broth (960 ml)

1 cup full-fat coconut milk or water (240 ml)

¼ cup toasted pumpkin seeds, to serve (35 g)

Method

1. Heat the oven to 425°F (220°C). Toss the squash on the sheet pan with 2 tablespoons of the oil and 1 teaspoon of the salt. Roast, turning once, until tender and browned at the edges, 30 to 35 minutes.
2. While the squash roasts, heat the remaining 1 tablespoon oil in the pot over medium heat. Cook the onion with the remaining ½ teaspoon salt until soft, about 8 minutes. Add the garlic and nutmeg and cook for 1 minute.
3. Add the roasted squash and broth. Bring to a boil, then simmer for 10 minutes.
4. Turn off the heat and blend until completely smooth. If using a countertop blender, fill it only halfway and vent the lid with a towel over the opening.
5. Stir in the coconut milk and reheat gently. Taste and add salt as needed. Serve topped with pumpkin seeds.

Storage: Keeps 5 days in a covered container. Freeze for up to 3 months, leaving room in the container for expansion.
Times are estimates; this recipe is awaiting a kitchen test. Full notes, substitutions and FAQs: allrecipezone.com/recipes/roasted-butternut-squash-soup.html

DESSERTS · BRITISH · VEGETARIAN

Spiced Apple Crumble

Cinnamon-spiced baked apples under a crisp oat and brown sugar topping. Serves 6; about 1 hour, mostly in the oven.



PREP	COOK	TOTAL	MAKES	LEVEL
20 min	40 min	1 hr	6 servings	Easy

Ingredients

APPLE FILLING

- **2½ lb** apples, about 6 medium, peeled, cored and sliced ½ in (1 cm) thick (1100 g)
- **¼ cup** granulated sugar (50 g)
- **1 tbsp** lemon juice
- **1 tbsp** all-purpose flour
- **1 tsp** ground cinnamon

CRUMBLE TOPPING

- **1 cup** all-purpose flour (125 g)
- **¾ cup** old-fashioned rolled oats (70 g)
- **½ cup** packed light brown sugar (105 g)
- **½ tsp** ground cinnamon
- **¼ tsp** fine salt
- **½ cup** cold unsalted butter, 1 stick, cubed (113 g)

Method

1. Heat the oven to 375°F (190°C) with a rack in the middle.
2. Toss the apple slices with the sugar, lemon juice, flour and cinnamon. Spread them evenly in the baking dish.
3. In another bowl, mix the flour, oats, brown sugar, cinnamon and salt. Add the butter and rub it in with your fingertips until the mixture forms pea-sized and larger clumps.
4. Scatter the topping evenly over the apples. Do not press it down.
5. Bake until the topping is deep golden and the juices bubble thickly around the edges, 40 to 45 minutes. If the top browns too quickly, cover loosely with foil.
6. Cool for at least 15 minutes so the juices thicken before serving.

Storage: Cover and refrigerate for up to 4 days. Freeze the baked crumble for up to 3 months, or freeze the unbaked topping separately.
Times are estimates; this recipe is awaiting a kitchen test. Full notes, substitutions and FAQs: allrecipezone.com/recipes/apple-crumble.html

DRINKS · AMERICAN · VEGAN, VEGETARIAN, GLUTEN FREE, DAIRY FREE

Fresh Mint Lemonade

Homemade lemonade made with fresh lemon juice and a mint-infused simple syrup. Makes about 6 cups.



PREP	COOK	STEEP AND CHILL	TOTAL	MAKES	LEVEL
15 min	5 min	1 hr	1 hr 20 min	about 6 cups	Easy

Ingredients

1 cup granulated sugar (200 g)

1 cup water, for the syrup (240 ml)

½ cup fresh mint leaves, loosely packed, plus sprigs to serve (10 g)

1 cup fresh lemon juice, from 5 to 6 lemons (240 ml)

4 cups cold water (960 ml)

Method

1. Combine the sugar and 1 cup (240 ml) water in a small saucepan over medium heat. Stir until the sugar dissolves completely, about 3 minutes. Do not let it boil hard.
2. Remove from the heat, add the mint leaves and press them gently with a spoon. Steep for 20 minutes, then strain out the mint.
3. Cool the syrup completely.
4. In the pitcher, combine the syrup, lemon juice and cold water. Stir, taste, and adjust with more water if it is too strong.
5. Chill until cold, at least 30 minutes. Serve over ice with mint sprigs.

Storage: Keeps 5 days in a covered pitcher. The mint syrup keeps 2 weeks on its own. Freeze in ice-cube trays and use the cubes to chill fresh lemonade without diluting it.

Times are estimates; this recipe is awaiting a kitchen test. Full notes, substitutions and FAQs: allrecipezone.com/recipes/fresh-mint-lemonade.html

SNACKS · MEDITERRANEAN · VEGAN, VEGETARIAN, GLUTEN FREE, DAIRY FREE

Crispy Roasted Chickpeas

Crunchy oven-roasted chickpeas seasoned with smoked paprika, garlic and cumin. A pantry snack in about 35 minutes.



PREP	COOK	TOTAL	MAKES	LEVEL
5 min	30 min	35 min	about 2½ cups	Easy

Ingredients

- **2 cans** chickpeas, 15 oz / 425 g cans, drained and rinsed
- **1 tbsp** olive oil
- **½ tsp** fine salt
- **1 tsp** smoked paprika
- **½ tsp** garlic powder
- **¼ tsp** ground cumin

Method

1. Heat the oven to 400°F (200°C) with a rack in the middle.
2. Spread the chickpeas on a clean towel and rub them dry. Remove any loose skins that come off easily.
3. Toss the chickpeas on the sheet pan with the oil and salt and spread them in a single layer.
4. Roast, shaking the pan every 10 minutes, until deep golden and crunchy, 25 to 35 minutes. Taste one: it should be crisp all the way through.
5. While still hot, toss with the paprika, garlic powder and cumin. Cool on the pan; they crisp further as they cool.

Storage: Not recommended; the fridge makes them soft. Not recommended.

Times are estimates; this recipe is awaiting a kitchen test. Full notes, substitutions and FAQs: allrecipezone.com/recipes/crispy-roasted-chickpeas.html

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