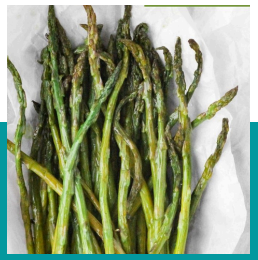
Easter Menu
Rack of Lamb

TheAllergenFreeKitchen.com

Rocket Salad with Mushrooms

Gluten Free Herb Crusted Rack of Lamb

Air Frying Carrots With Thyme



Peach Balsamic Asparagus

Herbes de Provence Roasted Potatoes

Vegan Lemon Meringue Pie

Produce

- Asparagus (1 lb)
- Carrots, large (8)
- Garlic, cloves (7)
- Mushrooms, white (3 lb)
- Lettuce, rocket or arugula (12 cups)
- Lemons (6)
- Onion, yellow (3)
- Potatoes, gem or nugget (3 lb)
- Shallots (3)

Refrigerator & Freezer

- Allergy Friendly Pie Crust (1)
- Dairy Free Milk (1 ¾ Cups)

Protein

- Lamb (2 Racks)

Pantry

- Aquafaba (9 Tbsps)
- Avocado Oil (3 Tbsps)
- Gluten Free Bread Crumbs (1 cup)
- Maple Syrup (4 Tbsps)
- Olive Oil (13 ½ Tbsps)
- Peach Infused Vinegar (2 Tbsps)
- Sugar (¾ Cup plus 1 Tbsp)
- Tapioca Starch, or Arrowroot Starch (½ cup)
- White Wine Vinegar (7 Tbsps)

Herbs & Spices

- Cream of Tartar (¼ tsp)
- Garlic Powder, dried (½ tsp)
- Herbes de Provence, dried (1 Tbsp)
- Mint, fresh (¼ cup)
- Onion Powder (½ tsp)
- Sage, fresh (3 Tbsps)
- Parsley, dried (3 Tbsps)
- Thyme, Fresh (½ tsp)
- Turmeric, dried (⅛ tsp)

Staples

- Sea Salt
- Ground Pepper
- Water

Always read the ingredients to make sure the product and foods you use are free from the top 9 food allergens and your allergy foods. Contact all manufacturers to verify cross contact, as well as shared lines and facilities.

All Recipes are written as free from Wheat, Egg, Dairy/Milk, Soy, Peanut, Tree Nut, Fish, Shellfish and Sesame but will depend on the ingredients and products used to make the recipe.