

Greens + Herbs

SERVES
8–10

PREP TIME
15 mins

Whenever we serve people at our table, we like to include a green salad. This one is a lot more exciting than just green leaves or the classic iceberg lettuce, cucumber and tomato. We have added loads of fragrant herbs, crisp colourful radishes, creamy avocado and a delicious mustard lemon oil. We're still keeping things easy and simple, just spicing it up a little!

big bowl of greens
big handful of herbs, roughly chopped
5 radishes, thinly sliced
flesh of 2 avocados, cut into chunks
2 zucchini, peeled into thin ribbons

Mustard Lemon Oil

1 tablespoon wholegrain mustard
zest and juice of 1 lemon
1 tablespoon white wine vinegar
3 tablespoons extra virgin olive oil
1 teaspoon sea salt
black pepper, to taste

Set the big bowl of greens aside, while you get the rest of the ingredients for the salad sorted.

For the Mustard Lemon Oil, place all the ingredients in a jar, put the lid on and shake everything together.

Add the herbs, radishes, avocado and zucchini to the bowl of greens and drizzle over about 1 tablespoon of Mustard Lemon Oil. Gently toss everything together. Place the salad on a serving plate. Serve the remaining Mustard Lemon Oil on the side so everyone can drizzle some extra on top of their salad.

Leftover Mustard Lemon Oil will keep in a jar in the fridge for up to 2 weeks.



Pomegranate Tomatoes, Herbs + Pappardelle

SERVES
3

PREP TIME
10 mins

COOK TIME
11 mins

FRIDGE LIFE
3 days

We can't go past thick ribbons of pappardelle. There is something about them that is so inviting and comforting. The 10-minute tomato sauce in this pasta is incredibly easy to make and is brought to life by a dash of pomegranate molasses. Finished off with a drizzle of vibrant herb oil, everyone will love this zhooshed-up tomato pasta.

250 g (9 oz) pappardelle

2 tablespoons oil

1 brown onion, thinly sliced into rounds

6 cloves garlic, crushed with the back of a knife and skin removed

250 g (9 oz) cherry tomatoes

1 teaspoon sea salt

pinch of chilli flakes

2 teaspoons pomegranate molasses

Herb Oil

couple of big handfuls of herbs, roughly chopped

1/3 cup extra virgin olive oil

zest and juice of 1 lemon

1 clove garlic, crushed

To Serve

120 g (4 1/4 oz) rocket

Cook the pappardelle according to the packet instructions.

Heat the oil in a pan over a high heat. Add the onion, garlic, cherry tomatoes and sea salt and sauté over a high heat for about 5 minutes, or until the tomatoes start to split. Add the chilli flakes and pomegranate molasses and cook for another couple of minutes.

For the Herb Oil, place all ingredients in a blender and blitz to form a vibrant green oil.

Place the pasta in a bowl, spoon over most of the Herb Oil and gently toss together. Add the tomato mixture and the rocket and gently toss everything again.

Transfer the pasta to one large serving bowl or individual bowls and drizzle with the remaining Herb Oil.

Leftover pasta will keep in an airtight container in the fridge for up to 3 days and leftover Herb Oil will keep in a jar in the fridge for up to 7 days.





Carrot Cake

SERVES	PREP TIME	COOK TIME	SET TIME	FRIDGE LIFE
8	20 mins	40–50 mins	1 hour	5 days

Our grandad loved this carrot cake and it would always be the cake we’d bake for his birthday. It’s spiced with cinnamon and ginger, laden with carrot, walnuts and dried fruit then lathered with cream cheese icing. This recipe is for you Grandad, we love and miss you so much.

Carrot Cake

Dry Ingredients

- 2¼ cups wholemeal spelt flour
- ½ cup coconut sugar
- ¾ cup walnuts, roughly chopped
- ½ cup raisins
- 1 teaspoon baking powder
- 1 teaspoon baking soda
- 2 teaspoons ground cinnamon
- 1 teaspoon ground ginger
- 1 teaspoon mixed spice
- pinch of sea salt

Wet Ingredients

- 2 carrots, grated
- ¾ cup light-flavoured oil
- 2 bananas, mashed
- ¼ cup plant-based or dairy milk
- juice of ½ orange

Cream Cheese Icing

- 1 cup cashews
- ⅔ cup plant-based or dairy milk
- 5 tablespoons pure maple syrup
- ¼ cup coconut oil, melted
- 1 teaspoon apple cider vinegar
- zest of ½ lemon
- 2 teaspoons vanilla bean paste
- pinch of sea salt

Preheat the oven to 180°C (350°F). Grease a 20 cm (8 in) cake tin.

Combine all the dry ingredients in a large bowl and the wet ingredients in another bowl.

Mix the wet mixture into the dry mixture and stir to combine. Pour the mixture into the prepared cake tin and bake for 40–50 minutes. Once cooked, remove from the oven and allow to cool completely.

For the Cream Cheese Icing, place all the ingredients in a blender and blend until super creamy and smooth. Place the icing in a bowl and put in the freezer to chill and firm up, for about an hour.

When the cake has cooled completely and the icing has firmed up, whisk up the icing, then spread evenly over the cake. Sprinkle over some toasted coconut flakes and pumpkin seeds, before serving.

Leftovers will keep in an airtight container in the fridge for up to 5 days.