



Monday 19th February 2018

Dear Customer,

I hope this finds you well. We have the new superfood, flower tops in the bags this week. They are born from a cross between brussel sprouts and kale. They have a sweet, nutty flavour and are a fantastic source of vitamins including, twice the amount of vitamin B6 and vitamin C to normal sprouts and a lot of vitamin E, iron and folate. They can be boiled, steamed, stir-fried, or treated as you would any other greens.

Roasted Flower Tops

2 *tblsp* coconut or vegetable oil
1 *tsp* rock salt

1 *bag* flower tops

Preheat the oven to 200C / 400F. Rinse the kale sprouts in a colander and dry well. Mix with sprouts with the oil in a bowl and add the salt. Cook for 20 minutes or so, turning them so they can cook evenly, until they start to turn brown and get crispy. Once almost done turn the oven up to 250C / 500F for about 3-5 minutes. Serve immediately.

Leeks, Peas and Pesto Pasta

350g spaghetti
450g leeks, thinly sliced
2 *tblsp* olive oil

280g frozen peas
2 *tblsp* basil pesto
freshly grated cheese, optional

*Cook the spaghetti according to packet instructions, add in the peas for the final few minutes. Meanwhile heat the oil in a frying pan, add the leeks then gently cook for about 5 minutes until softened. Stir in the pesto and 3 *tblsp* of the pasta cooking water then simmer for a few minutes. Drain the pasta and peas then add to the frying pan, tossing everything together. Divide between the bowls and sprinkle with grated cheese if using.*

Aubergine, Courgette and Lentil Curry

200g aubergine, diced
300g potatoes, diced
1 onion, chopped
2 *tblsp* curry powder
1 *tsp* freshly grated ginger
2 *tblsp* tomato paste
360ml vegetable stock
fresh chopped coriander, to serve

300g courgettes, chopped
120ml red lentils
1 red chilli, deseeded and chopped
2 cloves garlic, crushed
1 stick lemongrass, ground
240ml coconut milk
salt and black pepper

Oil a large saucepan and over a medium heat cook the garlic, onion and ginger together and fry for a couple of minutes to soften. Add the chilli. Lemon grass, curry powder, tomato paste and stir thoroughly. Add the aubergine, courgette, potato, lentils and stock and bring to the boil. Reduce the heat, cover and simmer for 30 minutes. Add the coconut milk and stir thoroughly until heated and creamy. Season with salt and black pepper to taste. Top with the coriander and serve with rice or naan bread.

Braised Celery

1 head celery, destringed, cut into 3" pieces
1 medium onion, peeled and thinly sliced
225ml stock from vegetable stock cube
salt and black pepper

1 oz butter or margarine
75g carrot, peeled and thinly sliced
1 *tblsp* fresh chopped parsley

Melt the butter or margarine in a frying pan and cook the onions for 3-4 minutes over a medium to high heat until lightly golden, then add the carrots and cook for a further 2 minutes. Add the celery and continue to fry for 5 minutes more, or until everything is slightly browned at the edges. Season with salt and black pepper then pour in the hot stock and place a lid on the pan. Turn the heat down and simmer gently for 20 minutes until the vegetables are almost tender. Take the lid off and increase the heat to medium and continue to simmer till the liquid has reduced and become slightly syrupy, about 5 minutes. Serve the celery with the juices poured over and sprinkled with parsley.

Things continue to be very difficult here with Myfa. I'm nursing her night and day. She isn't good this morning hence the brevity of this so my apologies for this. I hope life will go back to normal before long.

Hope you have a good week,

Kind wishes,

Isobel