

Braham & Murray
GOOD *Recipes*

GOOD OIL is one of the best sources of **Omega 3** for Veggies & Vegans*, and best of all, it is delicious!

GOOD OIL is the natural oil of cold pressed hempseeds. We produce it at our farm in Devon, where we always have taste in mind. You don't need to take our word for it though, celebrity chefs such as Jamie Oliver and Hugh Fearnley Whittingstall also love it!

Hemp is also a good carbon sequester, and we use 100% of the crop so nothing is wasted. So when enjoying **GOOD OIL** you can be proud of the fact that by choosing a UK hemp product you are helping the environment.



*The beneficial properties of **GOOD OIL** are reduced when heated above 200C for long periods.

GOOD OIL Avacado and Brown Rice Salad

- 175g easy cook brown rice
- 6 spring onions, finely sliced
- 2 ripe Hass avocado, remove skin and stone and dice flesh
- 1 small clove garlic, crushed
- 1 tbsp balsamic vinegar
- 3 tbsp **GOOD OIL**
- 150g cherry tomatoes, cut in half
- Pinch of dried chilli flakes



Cook the rice according to the packet instructions. Once the rice is cooked drain well and allow to cool. To make the dressing combine the **GOOD OIL**, vinegar and garlic. Transfer the rice to a serving bowl, stir in the avocado, spring onions, tomatoes, chilli flakes and dressing and serve immediately

1 serving contains (1/4 of the salad) **0.94 grams of Omega 3**
= **70%** of the Recommended Daily Intake of Omega 3**

**According to EU FDA Recommendations