

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 Bean Chilli with Avacado Salsa

For the Chilli:

- 2 tins tomatoes
- 3 tins beans
- 1 red onion, chopped
- 2 cloves garlic, chopped
- 2 peppers, chopped
- 2 tbsp **GOOD OIL**
- 200 ml light lager
- 1 tsp paprika
- 1 tsp chilli powder

- ½ tsp cinammon
- 1 tsp oregano
- salt & pepper

For the Avocado Salsa

- 1 Red onion
- 1 avocado
- 1 packet Cherry Tomatoes
- 1 lime
- 1 chilli



In a large, heavy based saucepan over a low heat gently fry the onion, peppers and garlic in the **GOOD OIL** to soften for about five minutes. While these are frying mix the spices together. Add the spice mix to the softened vegetables and mix thoroughly.

Add the drained beans and then the lager. Turn the heat to medium and let the lager reduce by a third. Add the tomatoes, reduce to a low heat and leave to simmer for 20 mins.

While the chilli is simmering make the salsa. Roughly chop the avocado, cherry tomatoes, red onion and chilli then squeeze the lime juice over and combine.

Serve the chilli over rice with the salsa on the side.

1 serving contains (1/4 of the chilli) **1.25 grams of Omega 3**
= **47%** of the Recommended Daily Intake of Omega 3**

**According to EU FDA Recommendations