

*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** Leek, Savoy Cabbage and Walnut Risotto

- 2 leeks, chopped
- ½ savoy cabbage, chopped
- 1 onion, finely chopped
- 1 clove garlic, finely chopped
- 100g Walnut halves
- 400g Risotto rice
- 1 litre veg stock
- 4 tablespoons **GOOD OIL**
- 1 glass white wine

In a deep, wide pan over a low heat pour in 2 tablespoons of **GOOD OIL** and add the onion, garlic and leeks. Sweat gently without colouring for five minutes.

Make up the vegetable stock and keep it in a covered pan over a low heat. Keeping the stock warm is one of the crucial factors in making a good risotto. Add the rice to the softened vegetables, combine well then pour in the wine. Let the wine be absorbed by the rice then start adding the stock a ladleful at a time, stirring and letting the rice absorb the stock. The heat should be such that mixture is bubbling gently. When you add the last of the stock also add the cabbage.

Stir well adding 2 more tablespoons of **GOOD OIL** before serving.



1 serving contains (1/4 of the Risotto) **2.5 grams of Omega 3**  
= **94%** of the Recommended Daily Intake of Omega 3\*\*

\*\*According to EU FDA Recommendations