

Braham & Murray
GOOD Recipes

GOOD OIL is one of the best sources of **Omega 3** for Vegetarians*, 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 Asparagus and Almond Soup

- 4 tablespoon **GOOD OIL**
- 1 Onion, Chopped
- 2 Leeks, Chopped
- 150g Asparagus
- 100g Blanched Whole Almonds
- 1 litre Vegetable Stock
- 100ml Double Cream



Pour the Vegetable stock into a large pan and drop in the whole skinned almonds. Bring to the boil then cover, reduce the heat and let simmer for 30 mins. While the almonds are simmering, add the chopped onion and leeks into a deep frying pan with the **GOOD OIL**. Stir, add some salt then let sweat for 10 mins. After 10 minutes add the chopped asparagus and cook for another 5 mins. Pour in 250ml of boiling water, give it a good stir and reduce the heat then cover. When the 30 mins are up for the almonds blend the stock and almonds until you have a liquid smooth and reminiscent of velvet. Now add in the contents of the other pan. Stir together then blend again. Add the cream, check the seasoning then serve.

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

**According to EU FDA Recommendations