

*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** Aubergine & Feta Fritters

- 900g aubergine, grated
- salt and freshly ground black pepper
- 1 bunch spring onions, chopped
- 2 tbsp chopped flatleaf parsley
- 3 free-range eggs
- 225g feta cheese
- 225g plain flour
- 4 tablespoons of **GOOD OIL**

Mix all the ingredients together except for 2 tablespoons of **GOOD OIL** together in a large bowl and mix well to make a thick batter. This should make approximately 6 fritters.

Place the rest of the **GOOD OIL** in a wide frying pan over a low heat and place large spoons of the mixture into the **GOOD OIL**, forming patties as it fries. They will need about 6 mins on each side. Drain on kitchen paper and serve.



1 serving contains (2 fritters) **3.3 grams of Omega 3**  
= **122%** of the Recommended Daily Intake of Omega 3\*\*

\*\*According to EU FDA Recommendations