

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 Broccoli, Ricotta and Pine Nut Lasagne

For the Lasagne:

- 750g broccoli
- 500g ricotta
- 100g pine nuts
- 12 lasagne sheets

For the GOOD OIL White Sauce:

- 2 tablespoon **GOOD OIL**
- 100g plain flour
- 1 litre milk
- 200g pecorino cheese, grated

Preheat the oven to 190C/300F/Gas 2.



First wash and chop the broccoli and place into boiling water to cook for five mins. When it is cooked, drain, return to the dry pan and add the ricotta cheese. Add some seasoning and then mash it all together with a fork or potato masher. When it has all come together stir in the pine nuts.

To make the **GOOD OIL** white sauce. heat the **GOOD OIL** in a smallish pan, on a low heat. When it is warm stir in the flour until it forms a roux. Add the milk, a little at a time, beating with a whisk. When the sauce has started to thicken add the rest of the milk then add 100g of the cheese, salt and pepper and some nutmeg if desired.

Assemble the lasagne in a deep baking dish. First add a layer of the broccoli mix, with a layer of lasagne sheets on top, followed by some of the sauce. Finish with a layer of sauce with 100g of the pecorino cheese on top.

Bake in the oven for 30 mins, until golden on top.

1 serving contains (1/6 of lasagne) **0.83 grams of Omega 3**
= **31%** of the Recommended Daily Intake of Omega 3**

**According to EU FDA Recommendations