

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 Haloumi Kebabs with Sesame Chilli Marinade

- 2 small red onions, peeled and cut into wedges
- 1tbsp chopped, fresh coriander
- 100ml of **GOOD OIL**
- 2 tablespoons sweet chilli sauce
- Juice and zest of 1 lime
- 750g halloumi cheese, cubed
- 2 peppers, deseeded and cut into chunks
- 1 tbsp sesame oil



Mix the chilli sauce, lime juice, **GOOD OIL** and sesame oil together to make a marinade.

Soak 8 wooden skewers in water for 20 minutes. Thread the veg and cheese onto each one. Brush the marinade onto both sides.

Cook on a Barbeque or griddle pan for around ten minutes or until the Vegetables have softened and coloured.

1 serving contains (2 kebabs) **3.75 grams of Omega 3**
= **141%** of the Recommended Daily Intake of Omega 3**

**According to EU FDA Recommendations