

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 Mediterranean Slice

- 400g Black beans, cooked
- 200g Brown rice, cooked
- 100g Walnut halves
- 1 tube Sun dried tomato paste
- 3 tbsp **GOOD OIL**
- 250g Grated mozzarella
- 100g grated parmesan
- Bunch basil chopped
- 100 g Breadcrumbs
- 2 eggs, beaten

Preheat the oven to 180C/290F/Gas 2.



Takes 1 tbsp of **GOOD OIL** and rub or spray round a 7" diameter baking dish or even cake tin that is about 2" deep. Sprinkle the parmesan in so it sticks to the bottom and sides of the oiled dish.

In a large bowl mix all the rest of the ingredients except the breadcrumbs and 50g of the grated mozzarella. Pour the mixture from the bowl into the parmesaned baking dish and sprinkle the breadcrumbs and remaining cheese on top.

Bake for 25 mins. Serve with a fresh tomato sauce.

1 serving contains (1/6 of the slice) **1.25 grams of Omega 3**
= **47%** of the Recommended Daily Intake of Omega 3**

**According to EU FDA Recommendations