

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 Roast Winter Vegetables with Honey & Mustard Dressing

- 500g parsnips
- 500g butternut squash
- 500g sweet potato
- 6 sticks of celery, cut into 5 cm pieces
- 2 red onions, peeled and cut into wedges
- 8 whole cloves garlic, left unpeeled and smashed with the back of a knife
- 4 tbsp **GOOD OIL**
- 2 tbsp wholegrain mustard
- 2tbsp runny honey
- Salt and freshly ground black pepper to taste

Preheat Oven to 180C/385F/Gas 2



Peel and cut vegetables into similar bite sized chunks. Mix the **GOOD OIL**, honey and mustard. Toss the vegetables in the dressing then transfer to a roasting dish and cook for 45mins, turning them a few times during cooking.

1 serving contains (1/4 of the Vegetables) **1.25 grams of Omega 3**
= **94%** of the Recommended Daily Intake of Omega 3**

**According to EU FDA Recommendations