

*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** Red Lentil Dip with Flatbreads

#### **For the Dip:**

- 250g dried red lentils
- 800 ml water
- 1 red onion chopped
- 2 cloves garlic chopped
- 3 tablespoon **GOOD OIL**
- 4 teaspoon lemon juice
- 1.5 teaspoon ground cumin
- salt and pepper

#### **For the Flatbread:**

- 255g self-raising flour
- 1 tablespoon Greek yoghurt
- 2 tablespoon **GOOD OIL**
- extra oil for light frying
- pinch salt
- water



In a large pan over a low heat gently fry onion, celery, cumin and garlic in one tablespoon of **GOOD OIL** until translucent. Add the lentils, mix well with onions then add the stock and bring to the boil. Reduce to simmer and leave for 40 mins, stirring occasionally.

To make the flatbreads place the flour, yoghurt, **GOOD OIL** and salt in a bowl. Add 1 tbsp water and then work the mixture together. Continue to add water, a little at a time, until you have a firm dough. Tip this dough onto a floured surface and knead the dough for a couple of minutes. Shape the dough into 4 -6 small, flat, discs.

Heat an additional tbsp of **GOOD OIL** in the frying pan, over a high heat. Add the dough discs and frying them for 2-3 minutes on either side. Remove the bread from the frying pan when it has browned.

Place the lentils in a food processor with the lemon juice, salt and pepper. Process until smooth and serve with flatbreads.

1 serving contains (1/4 of the dip and bread) **3.1 grams of Omega 3**  
= **115%** of the Recommended Daily Intake of Omega 3\*\*

\*\*According to EU FDA Recommendations