

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 Quiche with Asparagus, Emmental and Walnut

For the Pastry:

- 175g plain flour, plus extra for dusting
- 4 Tablespoons Good oil, plus extra for greasing
- Pinch salt

For the Filling:

- 250g emmental, grated
- 100g Asparagus, chopped
- 4 eggs, beaten
- 250ml double cream
- salt & freshly ground black pepper
- 100g walnut halves



To make the pastry, sift the flour together with a pinch of salt in a large bowl. Add the oil to mix and combine with your fingers. Add enough cold water to make the mixture come together to form a firm dough, and put in the fridge for 30 minutes.

Preheat the oven to 190C/375F/Gas 5

After 30 mins roll the pastry on a floured surface to about 2 cm thick. Line a well oiled flan dish with the pastry and give it an egg wash. This helps stop any of the quiche filling escaping. Now add baking parchment and some baking beans or rice and cook for 20 mins.

Mix the cream and the eggs in a bowl.

After 20 mins take the case out the oven and reduce the temperature of the oven to 160C/325F/Gas 3. Add the chopped asparagus, emmental and walnuts to the dish then pour cream and egg mixture over the top. Bake for 40 mins then serve.

1 serving contains (1/6 of the quiche) **1.87 grams of Omega 3**
= 70% of the Recommended Daily Intake of Omega 3**

**According to EU FDA Recommendations