

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 Watercress Soup and Sesame Croutons

Ingredients For the Croutons:

- 3 slices white crusty bread, cut into small pieces
- 3 tablespoons **GOOD OIL**
- 1 tablespoon sesame seeds

For the Soup:

- 2 tbsp **GOOD OIL**
- 1 large onion, finely chopped
- 300g fresh watercress, roughly chopped
- 1 litre hot vegetable stock
- 150mls single cream
- Salt and freshly ground pepper to taste

Toss the bread with the **GOOD OIL** and sprinkle with the sesame seeds. Transfer to a baking sheet and place in a hot oven for 10-15mins, turning them a few times during cooking.

In a large pan, cook the onions in the oil for 5 minutes. Add the watercress, stock and seasoning. Bring slowly to the boil, lower the heat, cover and simmer for 5 minutes.

Allow to cool slightly then process in a blender until smooth. Return the soup to a clean pan, add the cream and season. Heat and pour into 6 small bowls. Garnish with the croutons.



1 serving contains (1/5 of the soup and croutons) **2.5 grams of Omega 3**
= **94%** of the Recommended Daily Intake of Omega 3**

**According to EU FDA Recommendations