



ORGANIC CUISINE

Nicola Galloway

Fresh2U Organic Food Delivery

Combining her experience as a chef and extensive knowledge of nutrition (dip. nutrition) Nicola utilises her skills and knowledge to educate others about healthy eating. Nicola is the author of "Alive! Food for health and vitality" and is the tutor of the Lifestyle & Nutrition short course at Nelson Marlborough Institute of Technology. Her second book 'Cooking for your Child' is due to be released in September by Craig Potton Publishing. Look out for it! Nicola also runs Fresh2U organic food delivery with organic grower Wolfgang Mann. Fresh2U brings the garden to the door every week in the form of a fresh box of produce sourced from local and national organic growers. Check out www.fresh2u.co.nz email eat@fresh2u.co.nz

Watercress and Flat Leaf Parsley Pesto on Ciabatta

Just because basil is out of season doesn't mean we have to go without pesto. I make pesto right through winter with winter herbs and leafy greens. This provides a good source of essential green, raw vegetables in my diet through the cooler months. This delicious pesto can be spread on bread, spooned into soup or folded through pasta.

1 bag of watercress
1 bunch of flat leaf parsley
50 g walnuts
Generous handful freshly grated parmesan
2-3 cloves garlic, chopped
1 lemon, juice
100-150 ml Moutere Grove extra virgin olive oil
Salt and pepper to taste
1 loaf of Organic Bread man Ciabatta

Wash the watercress and parsley, shake off excess water and remove any tough stalks. Place in a food processor with the walnuts, parmesan and garlic. Process to a rough paste. Add the lemon juice and drizzle in the olive oil with the processor going to create a paste. The amount of oil required will depend on the consistency desired. Adjust seasoning and serve with warm Ciabatta.

PTO

Puy Lentil salad with spinach, roast pumpkin and feta

Serves 4-6

This is a delicious meal in itself with fresh bread or as a side to fish and salad. French puy lentils are small green lentils which hold their shape well during cooking. Soaking the lentils before cooking enhances their digestion hence reducing gas which is often associated with legumes.

2 cups French puy lentils
bay leaf
1 lemon, juice and zest
1 small red onion, finely diced
Sea salt and cracked pepper
1 tsp dijon mustard
1 tsp honey
1/4 cup red wine vinegar
2 cloves garlic, chopped
1/2 cup olive oil
1 bunch flat leaf parsley, chopped
Bunch of spinach, washed and chopped
250g Neudorf sheeps feta, cubed
2 cups roast pumpkin, cut into 1-2 cm chunks

Soak the lentils in twice the water for a few hours or overnight. Drain and rinse under cold water. Place in a large saucepan with the bay leaf and cover with plenty of water. Bring to a boil and simmer uncovered for 20-30 minutes until the lentils are tender while still holding their shape. Drain in a colander and tip into a bowl. Mix through the lemon zest and red onion and season generously.

Combine the mustard, honey, vinegar, lemon juice, garlic and olive oil in a jug. This makes more dressing than is required which can be used for other salads. Dress the lentils, taste and adjust seasoning with extra salt or lemon juice. Fold through the parsley, spinach, feta and roast pumpkin and serve warm.