

NEW LOOK!

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Victoria Sponge p.93

Boost IMMUNE FUNCTION with Seaweed





• Recipe “10 Minute Vegetable Sides”[®]
Rachel de Thampale from her book,
More Veg, Less Meat, Kyle Books, 2018.
Photography: Peter Cassidy

• **CNM** recommends the use of
organic ingredients

10 Minute Vegetable Sides

Each side serves: 4

Exclusively for CNM by Rachel de Thample, CNM (College of Naturopathic Medicine) Natural Chef Course Director, chef and author.

Green Beans with Black Olives

- 350g (12oz) **fine green beans**, topped and tailed
- 1 **lemon**, juice and zest
- 3-4 tbsp **black olives**, pitted and roughly chopped
- A handful of **flat-leaf parsley**, chopped
- **Olive oil**
- **Sea salt** and **black pepper**

1 Cook the green beans in a little water until just tender, drain and then season.

2 Toss with a splash of olive oil, lemon juice and zest, olives and parsley. Serve.

Peas and Spring Onions with Lemon Curls

- 350g (12oz) **garden peas**, fresh or frozen
- 6 **spring onions** or 1 **leek**
- Zest and juice of 1 **lemon**
- **Olive oil**
- **Sea salt** and **black pepper**
- A handful of fresh **mint** and/or **basil**, leaves stacked, rolled and thinly sliced

1 Cook the peas in a little water just until tender. Drain and set aside.

2 Slice the spring onions into 1cm thick rounds or thinly slice the white and green parts of a washed leek. Use a vegetable peeler to cut thin curls of zest from the lemon; you want about 3 long strips. Slice this into very thin strips.

3 Place a frying pan over medium heat. Add a splash of olive oil. When it's warm, sauté the spring onion or leek with the lemon zest and a pinch of salt and pepper. Cook just until softened.

4 Add the peas and lemon juice. Toss through and cook just until warm.

5 Scatter herbs over the top and serve.

Tomatoes with Capers and Mint

- 500g (18oz) fresh **cherry or smaller plum tomatoes**, halved (try a colourful mix of heirloom varieties)
- 1 tbsp **capers**
- A handful of fresh **mint**, leaves stacked, rolled and thinly sliced
- **Olive oil**
- **Sea salt** and **black pepper**

1 Sprinkle a bit of salt and pepper over the tomatoes then drizzle over some olive oil.

2 Scatter the capers on top and mix. Finish with a dusting of mint. Serve.

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