



Crunchy Crab with Butternut Squash Noodles Tomatoes & Chilies

Serves 4

Ingredients:

- 3 tablespoons extra-virgin olive oil, divided
- 4 medium cloves garlic, peeled and cut into thin slices
- 1 red chili pepper, deseeded and minced
- 2 cups cherry tomatoes, cut halves
- Sea salt (optional)
- Freshly ground black pepper (optional)
- 2 slices whole wheat bread, roughly torn
- 2 tablespoons freshly chopped chives
- 2 tablespoons freshly chopped Italian parsley
- 1 tablespoon pistachio nuts, crushed
- 1 pound fresh Butternut squash noodles
- 12oz jumbo lump fresh crab meat

How to Make:

1. Heat 2 tablespoons olive oil in a medium saucepan over medium heat
2. When hot add the add garlic and red chili and cook, stirring constantly, until fragrant but not browned, about 1 minute.
3. Add tomatoes and bring to a boil, reduce to a simmer, and cook, stirring occasionally, until lightly reduced, about 5 minutes.
4. Season with salt and pepper.
5. While the sauce is cooking, combine the bread and pistachio nuts with 1 tablespoon of olive oil in a food processor.
6. Process until fine crumbs are formed.
7. Transfer to a medium skillet and cook over medium-high heat, stirring and tossing constantly until golden brown.
8. Transfer to a small bowl. Season the nutty bread crumbs to taste with salt and pepper and add the chopped parsley and chives.
9. Toss to combine. Set aside.
10. Add the squash noodles along with the crab meat to the tomatoes, and stir to completely coat the noodles and crab meat, cook for 3 minutes.
11. Serve the noodles immediately, topping with crunchy herbed bread crumbs.

Jicama Slaw with Toasted Buckwheat and Crumbled Feta Cheese

Serves 4

Ingredients:

- ¼ cup buckwheat groats
- 6 cups Jicama, peeled and cut into thin strips by a hand or better still on a mandoline
- ¼ cup red onions, thinly sliced
- 1 tablespoon freshly chopped mint
- 1 tablespoon freshly chopped cilantro
- 3 tablespoons extra virgin olive oil
- 1 lime, juice and zest of
- Sea salt
- Freshly ground pepper
- ½ cup feta cheese, crumbled

How to Make:

1. Place a dry skillet over a medium heat on the stove, add the buckwheat and lightly toast, stirring often, until fragrant, about 4 minutes.
2. Transfer the toasted buckwheat to a plate lined with a paper towel and allow to cool.
3. Place the jicama, red onions, mint, cilantro, oil, lime juice and zest in a large salad bowl; season with sea salt, black pepper and toss gently to combine. Scatter over the crumbled feta cheese and cold toasted buckwheat, serve.

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Broccoli & Goat's Cheese Tart

Serves 6

Ingredients:

- 1 large free range egg yolk mixed with 4 tablespoons of cold water
- 2 cups plain flour
- 1 cup cold butter, cut into cubes
- 1 onion, peeled and roughly chopped
- 1 tablespoon olive oil
- 2 cups cooked broccolini
- 4 large free range eggs
- ½ cup whole milk
- ½ cup heavy double cream
- 1 tablespoon thyme leaves
- Sea salt and freshly ground black pepper
- ½ cup goat's cheese, roughly chopped

How to Make:

1. Preheat oven to 400°f, lightly grease one 8 inch loose-bottomed tart tin.

For the Pastry

2. Place the flour, butter and a pinch of salt in a large bowl, using your fingertips gently rub the flour and butter together until the mixture resembles fine breadcrumbs. Add the egg yolk mixture and stir with a knife. Bring together with your hands (add water if it's a little dry).
3. Roll the pastry into a ball, wrap in plastic and chill for 20 minutes in the fridge.
4. Roll out the pastry on a floured surface to a circle about 2 inches bigger than the tin and ¼ inch thick.
5. Carefully line the tin with the pastry, trim and decorate the edges. Line with baking paper and baking beans, then bake for 15 minutes.
6. Remove from the oven and remove the paper and beans, and return to the oven for 5 minutes, then remove from oven and set to one side.
7. Reduce the oven to 350°f.

For the Filling:

8. Take a small frying pan and place over a medium heat on the stove, add the oil, when hot add the chopped onion and cook for 4 to 5 minutes, until soft, remove the pan from the heat and allow the onions to cool slightly.