



## Burrata, Water Melon, Heirloom Tomatoes & Peaches with Fresh Herb Dressing

Serves 4

### Ingredients:

- 2 cups water melon, cut into cubes
- 2 large heirloom tomato, 1 cut into round slices and 1 cut into wedges
- 1 peach, stone removed and cut into thin slices
- 1/4 cup extra virgin olive oil
- 1 tablespoon white wine vinegar
- 1 tablespoon freshly chopped basil
- 1 tablespoon freshly chopped mint
- 1 tablespoon pistachio nuts, crushed
- 2x 4oz fresh burrata, each burrta torn in half
- 1/2 cup fresh raspberries
- Sea salt
- Freshly ground black pepper

### How to Make:

1. Take a large salad bowl and add the water melon, tomatoes and peaches.
2. Pour in the olive oil and vinegar, stir in the basil, mint and pistachio nuts.
3. Spoon equal amounts of the salad onto four cold joint plates.
4. Add the burrata and raspberries, lightly season with salt and pepper, garnish with fresh basil and mint leaves, serve.

## Kale White Bean and Sausage Soup

Serves 6

### Ingredients:

- 1 tablespoon olive oil
- 1 1/2 cups carrots, washed and chopped
- 1 1/3 cups yellow onion, peeled and chopped
- 1 cup celery, washed and chopped
- 4 cloves garlic, peeled and minced
- 7 cups low-sodium vegetable stock or chicken broth
- 1 teaspoon freshly chopped rosemary
- To taste - salt and freshly ground black pepper
- 12oz Cooked Chicken Sausage, cut into 1/4 inch slices
- 3 cups kale, thick ribs removed, chopped
- 1x 14.5 ounces low in sodium can cannellini beans, drained • and rinsed
- 1 tablespoon freshly chopped parsley
- 1/2 teaspoon freshly chopped oregano

### How to Make:

1. Heat olive oil in a large saucepan over medium heat.
2. Add carrots, onion, and celery and cook 3 minutes, add garlic and cook for 1 more minute.
3. Stir in chicken broth, rosemary and season with salt and pepper to taste.
4. Bring to a boil over medium-high heat, and allow to gently boil 5 minutes.
5. Add sausage and kale and allow to boil 5 minutes longer until kale and the vegetables are tender.
6. Stir in the cannellini beans, parsley and oregano, serve.

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## Chickpea Curry

Serves 4

### Ingredients:

- 4 Eggs (free-range if possible)
- 2 tablespoons olive oil
- 2 tablespoons green curry paste
- 2 tablespoons curry powder
- 2 teaspoons cumin powder
- 1 teaspoon mustard seeds
- 1 teaspoon garlic powder
- 1 teaspoon ground ginger
- ½ cup low in sodium vegetable stock
- 1x 28oz can of chopped tomatoes
- 1x 15.5oz can low in sodium chickpeas, drained and rinsed
- 1 tablespoon lemon juice
- 3 cups baby leaf spinach
- Salt and freshly ground black pepper
- 2 tablespoons freshly chopped cilantro

### How to Make:

1. Bring a small saucepan of water to the boil and cook the eggs for 6 minutes, or until done to your liking.
2. Remove the pan from the heat and pour off the hot water and refill with cold water.
3. When cool enough to handle, shell, halve and set aside.
4. Take a medium saucepan and mix the curry paste, curry powder, cumin, black mustard seeds, garlic powder and ground ginger with the stock until smooth.
5. Add the tomatoes, chickpeas, lemon juice, stock and season with salt and pepper.
6. Cook over a high heat for 6 to 8 minutes, or until reduced and thickened, stirring often.
7. Add the spinach and 1 tablespoon of cilantro cook until the spinach has wilted.
8. Divide the curry between four warm bowls, top each with two egg halves and sprinkle over the remaining cilantro and serve immediately.