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Green Power Dinner

Ingredients

Handful of spinach, washed

1 cup small broccoli florets

1 cup snow peas, cut in half

1 medium zucchini, finely sliced

1 cup broad beans, double peeled

1 cup coriander, finely chopped

100gr Organic goat's cheese, finely chopped or crumbled

2 tsp Sesame oil

Juice of 1 lemon

Salt and pepper to season

Method

Take the broad bean and peel off the outer pod. Bring some water to boil and blanch the broad beans for 15 seconds then immerse in a bowl of cold water (add a few ice cubes). While still warm, peel off the inner skin. Blanch the spinach, broccoli, zucchini and snow peas for 15 seconds, strain then immediately add to a hot wok with sesame oil. Toss over a high heat for 1 minute, add to large bowl. Toss quickly with goat's cheese, coriander, lemon juice and serve with a smile.