

Pineapple, Celery & Ginger Smoothie:

INGREDIENTS:

- 1/2 large fresh pineapple
- 2 fresh celery stalks
- 2.5cm piece of fresh ginger root

METHOD:

1. Prepare the pineapple by cutting off each end. Then, slice off the skin in a downward direction. This minimizes waste. Remove “eyes” from the flesh of the pineapple, and then cut half of the flesh into manageable chunks.
2. Chop the celery stalks into small pieces.
3. Peel the ginger and chop finely.
4. Place all the ingredients into a blender, along with a tiny amount of water, and blend into a smooth fragrant drink.

Rainbow Salad:

INGREDIENTS:

- 2 slices of red cabbage
 - 1 carrot
 - 1/2 red pepper
 - 1 handful of baby spinach
 - Small handful of parsley
- For the dressing:
- 1 clove of garlic
 - 1 teaspoon honey
 - 2 teaspoons dark soy sauce
 - 1 tablespoon extra virgin olive oil
 - 1 tablespoon Viridian Joint Omega Oil

METHOD:

1. Prepare the salad by shredding the cabbage, grating the carrot, finely chopping the pepper, and adding to the whole baby spinach leaves and parsley.
2. Prepare the dressing in a small bowl. Finely chop the garlic, add a pinch of salt and all the other wet ingredients. Mix well, and pour over the salad. Toss the salad well, and serve.

Anti-inflammatory Curry:

INGREDIENTS:

- 1 tablespoon olive oil
- 2 red onions, thinly sliced
- 2 large cloves of garlic, finely chopped
- 1 teaspoon freshly grated ginger
- 2 green chillies, thinly sliced
- 1 teaspoon ground coriander
- 1 teaspoon ground cumin
- 1 teaspoon black mustard seeds
- 1 heaped teaspoon turmeric
- 800g sweet potato, diced with skins left on
- 375 ml vegetable stock
- 150g spinach, coarsely chopped
- Large handful of fresh coriander leaves, coarsely torn
- 1 tablespoon toasted flaked almonds
- 1 tablespoon Viridian Joint Omega Oil

METHOD:

1. Heat the oil in a large saucepan and cook the onion, garlic, ginger and chilli.
2. When the onion has softened, add all the spices and heat until they are becoming fragrant.
3. Add the sweet potato and stock and simmer for about 15-20 minutes until the sweet potato is soft. At this point add the spinach.
4. Once the spinach has wilted, the curry is ready to serve with coriander leaves, topped with flaked almonds and a drizzle of Viridian Joint Omega Oil. It is best served with brown rice to increase its nutritional profile further.