

3 April 2012

On the Table in 20 minutes with bellaverde® broccoli



Chilli and Lemon bellaverde® Penne, Warm bellaverde® and Mackerel Salad, Thai Green Curry, bellaverde® Black Bean Stir Fry

Taking just minutes to cook, bellaverde® broccoli is perfect for speedy suppers. It is so versatile; toss with penne pasta, chilli and fresh lemon for a healthy Italian inspired dinner, or chop into a creamy Thai green curry with tiger prawns. You can also slice bellaverde® into a chicken and black bean stir fry for some crunchy veg, serve whole in a warm salad with flaked mackerel and spiced orange and hazelnut dressing or drizzle with olive oil for a delicious, healthy side dish. You can even eat it raw with dips for a tasty snack. Try our four speedy bellaverde® broccoli suppers which will be on the table in just 20 minutes...

Crunchy Chilli and Lemon Bellaverde® Broccoli Penne

> 485 kcal > 1 of your 5-a-day > 4.4g fibre > Ready in just 20 minutes

Warm Bellaverde® Salad with Spiced Orange and Hazelnut Dressing

> 166 kcal > 1 of your 5-a-day > A third of your GDA of Vit C > Ready in just 10 minutes

Thai Green Curry with Prawns & Bellaverde® Broccoli

> 419 kcal > 1 of your 5-a-day > A third of your GDA of Vit C and iron > Ready in just 20 minutes

Chicken with Bellaverde® & Black Bean Sauce

> 337 kcal > 1 of your 5-a-day > A third of your GDA of Vit C, Folic Acid and Iron > Ready in just 20 minutes

These recipes are perfect to see you through from Monday to Thursday, so come Friday, after a week of stress-free cooking, you'll have plenty of energy to enjoy a night out! Alternatively, if you are hankering after some more dishes using your new favourite ingredient try stirring it into risotto with lemon and parmesan, blitzing it into soups with Stilton, slicing it into veggie omelettes or tossing into a warm salad straight from the pan. There are also lots of delicious, healthy recipes at www.bellaverde.co.uk.

Bellaverde® long stem broccoli has a sweet, clean, fresh taste and because of its sweetness is a favourite with kids. The whole bellaverde® stem can go into the pan so nothing is

wasted and if you're concerned about your carbon footprint, bellaverde® enjoys a particularly long UK season, grown in Lincolnshire from June until the end of November, when growing moves to Spain for a few months to ensure a year round supply.

What's more as a pure broccoli bellaverde® has all the health boosting superfood qualities of a traditional broccoli, high in vitamin C, fibre and the B vitamin folate.

Pick up a 200g pack of bellaverde® broccoli from your local Sainsbury's or Waitrose, or online at Ocado and try our selection of speedy suppers...

Warm Bellaverde® and Mackerel Salad with Spiced Orange and Hazelnut Dressing

This is a delicious way of serving sweet stem Bellaverde broccoli. The crunchy textures and spicy kick from the chilli and ginger will make this a favourite for summer barbecues and suppers.

Prep: 5 mins Cook: 5 mins Serves 4

Per Serving: 166 calories, 4.9g protein, 4.0g carbohydrate, 14.6g fat, 1.5g saturated fat, 2.2g fibre, 0.02g salt Counts as 1 of your 5-a-day and provides a third of your GDA of vitamin C

200g bellaverde® broccoli
3 tbsp sunflower oil
40g blanched hazelnuts, roughly chopped
1 1/2 tsp coriander seeds, crushed
4 spring onions, chopped
2.5cm pice root ginger, finely chopped
1 red chilli, deseeded and chopped
1 clove garlic, chopped
zest and juice 1 orange
Season with salt and pepper to taste
Flaked mackerel to serve

1 Bring a large pan of salted water to the boil, add the whole bellaverde® broccoli stems and cook for 3 mins. Drain in a colander, running in cold water to refresh. Leave to drain.

2 Heat a teaspoon of the oil in a nonstick frying pan, add the hazelnuts and coriander seeds and fry for 1-2 mins until the nuts are golden. Remove with a slotted spoon and set aside.

3 Add the rest of the oil to the frying pan, add the spring onions, ginger, chilli and garlic and saute for 1 min. Add the orange zest and juice and stir well. Remove from the heat.

4 Arrange the bellaverde® broccoli on a serving platter, scatter over the toasted nuts and seeds then drizzle the dressing over. Serve with flaked mackerel.

Crunchy Chilli and Lemon Bellaverde® Penne

Prep: 5 mins Cook: 15-20 mins Serves 4

Per Serving: 485 calories, 13.2g protein, 70.4g carbohydrate, 18.7g fat, 2.6g saturated fat, 4.4g fibre, 0.28g salt Counts as 1 of your 5-a-day and provides over a third of your RDA of vitamin C

6 tbsp olive oil
1 onion, chopped
2 cloves garlic, crushed
1/2 tsp dried chilli flakes
50g fresh white breadcrumbs
finely grated zest of 2 lemons juice of 1
300g penne pasta
200g bellaverde® broccoli
Season with salt and pepper to taste

1. Bring a large pan of salted water to the boil. Heat half the olive oil in a large frying pan, add the onion and garlic and saute for 3 mins until soft. Add the chilli, breadcrumbs and lemon zest and cook over a medium heat for about 4 mins, stirring until the crumbs are golden brown. Set aside.
2. Add the pasta to the boiling water and simmer for 7 mins. Meanwhile, cut the bellaverde® broccoli into 6cm lengths. Add the bellaverde® to the pasta pan and boil for a further 3 mins. Drain the pasta and bellaverde® in a colander.
3. Tip the pasta and bellaverde® broccoli into the frying pan, add the lemon juice, remaining olive oil and plenty of ground black pepper, toss well until everything is nicely coated in the garlicky lemon breadcrumbs. Serve straight away.

Thai Green Curry with Prawns & Bellaverde® broccoli

Prep time: 5mins Cooking time: 10-15mins Serves 4

Per serving: 419kcal, 12.9g fat, 9.5g saturated fat, 30.4g protein, 48.9g carbohydrate, 3.1g fibre, 1.6g salt 1 of your 5-a-day, a third of your GDA of Vit C and Iron

200g bellaverde® broccoli
 225g/8oz Thai fragrant rice
 1 (400g) can reduced fat coconut milk
 30ml/2tbsp Thai Green Curry paste
 5ml/1tsp fish sauce
 1 tsp granulated sugar
 500g/1lb raw peeled tiger prawns, thawed if frozen
 1 (220g) can sliced bamboo shoots, drained
 4 spring onions, sliced
 zest and juice 1 lime
 45ml/3tbsp fresh chopped coriander leaves

1. Prepare the bellaverde® broccoli by trimming a little off the end of each spear. Place the rice in a sieve, rinse under with cold water, then cook in a medium pan of boiling water for 10 mins or until tender.
2. Whilst the rice cooks place the coconut milk, curry paste, fish sauce and sugar in a large frying pan or wok. Slowly bring to the boil, then add the bellaverde® broccoli, reduce the heat, cover and simmer for 3-4 mins or until just tender.
3. Stir in the spring onions, prawns and bamboo shoots and stir well. Bring the mixture back to the boil, then simmer for 2 mins, stirring occasionally until the prawns have turned pink. Stir in the lime zest and juice and coriander.
4. Drain the rice in a sieve and divide between four bowls, top with the prawn curry and serve.

Chicken with bellaverde® & Black Bean Sauce

Prep time: 10 mins Cooking time: 10 mins Serves: 4

Per serving: 337kcal, 13.8g fat, 1.9 saturated fat, 41.9g protein, 3.6g fibre, 1.68g salt

1 of your 5-a-day, a third of your GDA of Vit C, Folic Acid and Iron

400g bellaverde® broccoli
 30ml/2 tbsp vegetable oil
 60ml/4 tbsp unsalted cashew nuts
 4 Chicken breast fillets, sliced
 2.5cm/1in piece root ginger, peeled and grated
 2 cloves garlic, crushed
 4 spring onions, trimmed and sliced
 4tbsp/60ml Chinese cooking wine (or dry sherry)
 6 tbsp/90ml black bean sauce
 salt and freshly ground black pepper

1. Wash and prepare the bellaverde® broccoli by trimming a little off the end of each spear. Heat the oil in a large frying pan or wok, add the cashews and stir fry for 1 min or until they are golden. Remove with a slotted spoon and set aside.
2. Add the chicken to the wok and stir fry for 5 mins, or until pale golden. Add the bellaverde® broccoli and 3 tbsp water stir fry for a further 1 min, then cover and cook for a further 2 mins.

3. Remove the lid, stir in the ginger, garlic and onions then stir fry for a further 1 min. Add the wine or sherry and black bean sauce, followed by the cashews. Serve straight away with rice or noodles.

-Ends-

For further information and images, please contact: Becky Johnston, Lucy Hancock, Sophie Peel or Wendy Akers, Mustard Communications, 6th Floor, Regal House, 70 London Road, Twickenham, Middlesex TW1 3QS. Tel: 020 8892 5665. E-mail: becky.johnston@mustardcommunications.co.uk, lucy.hancock@mustardcommunications.co.uk, sophie.peel@mustardcommunications.co.uk, or wendy.akers@mustardcommunications.co.uk.

Notes to Editors: bellaverde® broccoli is packaged, distributed and marketed in the UK by Produce World Marshalls, based in Lincolnshire