

Summertime and the British Season for bellaverde® Broccoli is here!



bellaverde®, Feta, Cherry Tomato and Pine Nut Tart



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



bellaverde®, Parmesan and Lemon Risotto

Its name might be Italian but from early June to the end of November, delicious sweet long stem bellaverde® broccoli is grown and picked by hand fresh from the fields of Lincolnshire. The young bellaverde® broccoli shoots are harvested after just 10 days of growth to capture the unique delicate, clean, fresh sweet taste and are in store in as little as 24 hours. To celebrate the start of the British season we have three new mouth-watering summery dishes featuring bellaverde® (Italian for 'beautiful green') - a quick and easy warm salad, a Mediterranean inspired tart and a light lemon and parmesan risotto; perfect for al fresco dining on a balmy summer's day.

With its crunchy textures and spicy kick from the chilli and ginger, Warm bellaverde® and Mackerel Salad with Spiced Orange and Hazelnut Dressing is sure to be a favourite for summer barbecues and suppers. For a delicious vegetarian option, try sprinkling cherry tomatoes, feta cheese and pine nuts onto a sheet of puff pastry, topped off with bellaverde®. Or for some Italian inspiration try a speedy bellaverde®, Parmesan and Lemon Risotto for a light lunch or supper. Alternatively toss bellaverde® stems in olive oil and chargrill on the barbecue, or simply steam the bellaverde® whole, pile on a plate and drizzle with your choice of dressing for an easy but delicious accompaniment to summer dishes.

Taking just three minutes to cook, bellaverde® is the must-have ingredient for the time pressed cook, and nothing is wasted as the whole floret can all go into the pan. Bellaverde® is also an obvious choice for provenance savvy shoppers as its British season lasts until the end of November. After then the production switches to a dedicated farm in Spain to ensure year round supply.

Similar in appearance to the traditional wild broccoli Cime di Rapa, eaten by our forbearers, bellaverde® was developed to have a less bitter taste to traditional broccoli. As a true pure broccoli, rather than a cross with another vegetable, bellaverde® also has all the health

boosting superfood qualities of a traditional broccoli. It is high in vitamin C, fibre and the B vitamin folate as well as being a source of potassium. An 80g serving counts as one of your five daily portions of fruit and veg.

Pick up a 200g punnet from Sainsbury's and Waitrose or online at Ocado or find out more about this beautiful, healthy green visit www.bellaverde.co.uk.

Summertime and the living is easy – and so are these recipes so why not give them a go...

Bellaverde®, Parmesan and Lemon Risotto

Prep: 5 mins Cook: 25 mins Serves 4

Per Serving: 465 calories, 12.8g fat, 6.2g saturated fat, 13.6g protein, 3.8g fibre, 75.5g carbohydrate, 1.26g salt Contains 1 of your 5-a-day

1.2ltr hot vegetable or chicken stock (Kallo low salt stock cube)

25g butter

1 onion, chopped

1 clove garlic, crushed

350g arborio rice

150ml dry white wine

zest and juice 1 lemon

200g Bellaverde® broccoli

50g Pecorino or Parmesan cheese, grated

a handful of rocket leaves to serve

Season with salt and pepper to taste

1 Place the stock in a medium pan and keep hot on a low heat. Melt the butter in a large pan, add the onion and garlic and saute for 3 mins or until soft but not coloured.

2 Stir in the rice until the grains are coated in butter, then add the white wine, lemon zest and juice and cook, stirring until the liquid has been absorbed.

3 Add a ladle of the hot stock and cook, stirring occasionally until the liquid has been absorbed. Repeat adding the stock, cooking and stirring occasionally until three quarters of the stock has been used.

4 Cut the bellaverde® stems into 5cm pieces and add to the rice with a little salt and plenty of ground black pepper. Continue to cook, adding the stock as before until the grains of rice are plump and tender about 20 mins. The risotto should still be quite saucy add a little more water if it seems a bit stodgy. Remove from the heat, stir in the cheese, then adjust the seasoning to taste. Serve straight away topped with some fresh rocket leaves if liked.

Bellaverde®, Feta, Cherry Tomato and Pine Nut Tart

Prep: 10 mins Cook: 20-25mins Serves 6

Per Serving: 374 calories, 10.1g protein, 18.2g carbohydrate, 29.5g fat, 10.8g saturated fat, 1.9g fibre, 1.46g salt

200g bellaverde® broccoli

1 320g sheet of ready rolled puff pastry

beaten egg to glaze

100ml tomato and chilli pasta sauce

150g feta cheese, cubed

100g cherry tomatoes, halved

2 tbsp pine nuts

a little olive oil to drizzle

Season with salt and pepper to taste

1 Preheat the oven to 220oC (Fan 200oC/425oF/Gas 7). Bring a large pan of salted water to the boil, add the bellaverde® broccoli and cook for 3 mins. Drain in a colander, running in cold water to refresh. Leave to drain.

2 Unroll the pastry and place on a large baking tray. Use a knife to mark a 4cm border around the edge of the rectangle, brush this with beaten egg.

3 Spread the sauce inside the marked border, arrange the broccoli spears on top. Scatter over the feta cheese, tomatoes and pine nuts. Drizzle a little oil over the top of the ingredients and season with black pepper. Bake for 20-25mins or until the pastry is golden.

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

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.

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