



NOURISHING VEGETARIAN EATING AT EASTER

Charlotte Palmer
creates a gorgeous
veggie feast for Easter



There are pitfalls in all modern Western diets. Meat eaters consume grain fed factory meat, processed food and junk food. The impact of a vegetarian diet lacking good whole natural unadulterated fats, complete protein and essential minerals exposes one to the possibility of see-sawing high and low blood sugar levels, poor eating choices and sugar/refined carbohydrate cravings which often inevitably lead to digestive problems down the line.

Meals that contain good fats and complete protein offer a good foundation for balanced blood sugar levels.



VEGETARIAN SOURCES OF THESE NOURISHING NUTRIENTS INCLUDE:

- Blackstrap molasses - for iron, calcium, magnesium and B Vitamins.
- Hawaiian spirulina - contains 50-60% of complete plant protein and is rich in iron, calcium, magnesium, B Vitamins, selenium, zinc and is a high source of antioxidants.
- Nourishing and energising bee pollen - one of nature's broadest and richest sources of nutrients.
- Coconuts - rich in important medium-chain triglycerides (MCTs) - these fats are important for aiding the absorption of essential fatty acids (EFAs) and fat soluble vitamins. Numerous functions in the body rely upon these fats including hormones, the brain and the nervous system.
- Avocados - rich in good fats including oleic acid.

- Miso - rich in B Vitamins and digestive enzymes.
- Hemp seeds - a good source of protein and omegas 3, 6 and 9.
- Free range eggs - a good source of protein, omega 3 (if organic) and adequate lecithin.
- Raw organic butter and ghee - for Vitamins D, E, A and K, copper, zinc, chromium, iodine, lecithin, and EFAs.
- Raw whole dairy (for vegetarians not sensitive or intolerant to dairy).

CHESTNUT, RYE AND ROSEMARY ROAST LOAF

This Easter meal reflects a Sunday nut roast or a stuffing but uses sourdough rye bread, sea vegetables, chestnuts, mixed herbs and miso, giving it main meal status.

INGREDIENTS:

- 500g of breadcrumbs of rye sourdough loaf (slightly stale is fine)
- 1 tsp of Seagreens condiment or culinary ingredient
- 1 tsp of Marigold bouillon
- 1-2 red onions diced and lightly sautéed in either coconut oil or organic ghee (try Pukka)
- 1 tsp of brown rice miso mixed in 50ml of warm water
- 1 grated courgette
- 1 tin of chestnuts, diced
- 1 egg
- 100g unsulphured dry apricots, diced
- 2 sprigs of rosemary, oregano and lemon thyme or sage if you prefer, chopped finely.
- Drizzle of extra virgin olive oil
- Sea salt and pepper



METHOD:

- 1 Preheat the oven to 180 C, Gas mark 4
- 2 If you have a food processor, chop the rye sourdough to breadcrumbs, throw all the other ingredients together in the jug, and mix together chopping roughly, then sprinkle the Seagreens and bouillon powder over the mixture.
- 3 Add the sautéed red onions, chopped herbs, chestnuts and apricots, then add the grated courgette and break an egg into the mixture.
- 4 As it's mixing, add the miso in water, and drizzle in the olive oil.
- 5 Spread the mixture over a baking tray, shallow casserole dish or into a loaf dish if you'd like it thicker. Pat down.
- 6 Roast for approximately 30 to 40 minutes according to how crispy you'd like it.

Serve with roasted sweet potatoes and beetroot, adding soft goat's cheese and sautéed strips of a large organic Savoy or red cabbage fried in ghee. Sprinkle with fennel seeds and pour over red onion gravy, made with bouillon and miso.

