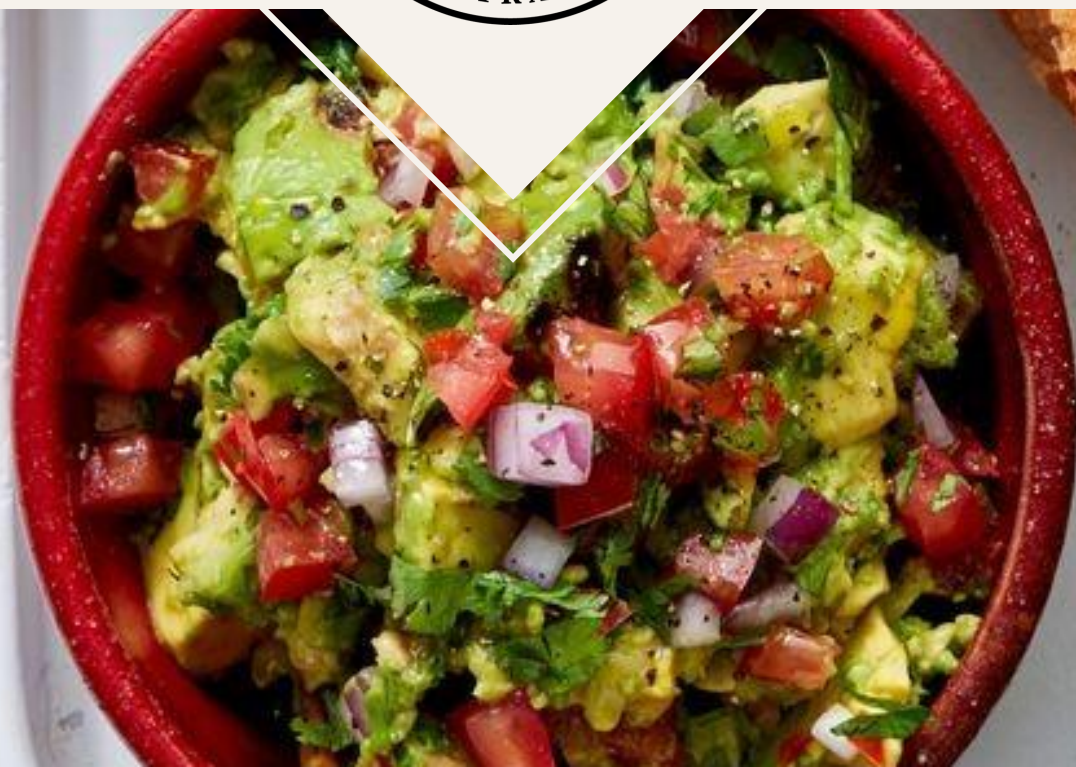
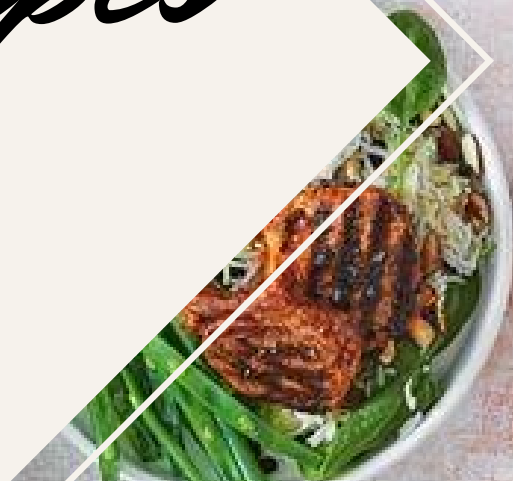




FATHER'S DAY

Kelp Recipes



Smokey Tandoori Lamb Cutlets with Furikake Coconut Rice



COOKING TIME: 10 Minutes

SERVES: 4

The Ingredients

- 2 tbs Tandoori paste*
- 1 tbs olive oil
- 1-2 tsp **Golden Kelp Smoked Granules**
- 8 French-trimmed lamb cutlets
- 200g green beans
- 50g (1/2 cup) natural sliced almonds
- 80g (1/2 cup) currants
- 100g baby spinach
- Tzatziki dip, to serve

Rice:

- 500g / 2 Cups of Basmati Rice
- 400ml Coconut cream or milk
- 100ml /1 cup of filtered water
- 2-4 tsp of **Golden Kelp Furikake Granules**

For Homemade Tandoori Paste:

Mix together Golden Kelp Smoked Granules, salt, cayenne, coriander, chilli powder, garlic powder, dry mustard, ginger, turmeric, fennel, cumin, and paprika in a food processor. Add lime to preserve. Store in the refrigerator for 1 week.

Method

1. Preheat BBQ or chargrill.
2. Add all rice ingredients together and bring to boil in a pot on the stove top or in rice cooker. Reduce to simmer for remaining 10 minutes or until soft. Tip: Rice should continue to steam until being served.
3. Combine tandoori paste and oil and **Golden Kelp Smoked Granules** in a large bowl. Add lamb and mix well to coat.
4. Trim or shred beans and place in a heatproof bowl. Pour boiling water over the beans (to cover) and set aside to blanch.
5. Grill the marinated lamb cutlets for 2-3 minutes on each side until cooked to your liking.
6. Transfer cooked Furikake Coconut rice to a large bowl. Add the almonds and currants. Toss until well combined.
7. Drain the beans. Divide rice mixture, beans and spinach among serving plates. Top with lamb.
8. Serve with a dollop of tzatziki.
 - **Optional Add:** Seasonal veggies such as beets, carrots and pumpkin or our pasta salad, on the next page!

NUTRITION:

2269 kJ ENERGY | 26.3g FAT TOTAL | 8.2g SATURATED FAT | 7.3g FIBRE | 23.8g PROTEIN | 49.9g CARBS

All nutrition values are per serve





Vegan Pine Nut Pasta Salad with Green Creamy Dressing



PREPARATION: 20 Minutes

COOKING TIME: 45 Minutes

SERVES: 4

V

The Ingredients

- 1/2 (about 650g) butternut pumpkin, peeled, deseeded, cut into 2cm pieces
- 2 (about 260g) zucchini, cut into 2cm pieces
- 250g baby roma tomatoes, halved
- 250g dried fusilli pasta
- 1 small red onion, thinly sliced
- 2 tablespoons pine nuts, toasted
- Baby rocket leaves to serve

Dressing:

- 1 ripe avocado, chopped
- 2-3 tsp **Golden Kelp Smoked Granules**
- 1 bunch fresh continental parsley, leaves picked
- 1 bunch fresh coriander, leaves picked
- 2 garlic cloves, chopped
- 60ml (1/4 cup) fresh lemon juice
- 2 tablespoons extra virgin olive oil

Method

1. Preheat the oven to 200C/180C fan forced and line 2 baking trays with baking paper. Arrange the pumpkin and zucchini on 1 prepared tray and the tomatoes on the other prepared tray. Spray with olive oil. Roast the pumpkin and zucchini for 15 minutes.
2. Add the tomatoes to the oven and roast all for 30 minutes or until the veggies are tender and lightly browned.
3. Cook the pasta in a large saucepan of boiling salted water following packet directions or until al dente. Drain and rinse well under cold running water. Drain well.
4. To make the dressing, combine all the ingredients in a small food processor and process until smooth.
5. Toss pasta with the dressing, then fold through the pumpkin, zucchini, tomato, and onion.
6. Garnish with pine nuts and baby rocket.





Smoky Guacamole Salsa



PREPARATION: 10 Minutes

COOKING TIME: 5 Minutes

Vegan

The Ingredients

- 2 avocados, unpeeled, halved, stone discarded
- 1 tomato, seeded, finely chopped
- 1/2 small red onion, finely chopped
- 1 tsp **Golden Kelp Smoked Granules**
- 1tsp **Golden Kelp Furikake Granules**
- 1/2 cup chopped fresh coriander leaves
- 1/2 tablespoons lime juice
- 1 tablespoon extra virgin olive oil

Method

1. Heat a barbecue grill or chargrill pan over medium-high heat. Cook avocado for 3 to 4 minutes on each side.
 2. Carefully scoop avocado flesh from skin. Roughly chop. Transfer to a bowl.
 3. Add **Golden Kelp** tomato, onion, coriander, lime juice and oil.
 4. Season with salt and pepper. Stir to combine.
- Serve with Corn chips or crackers or as a tasty side dish.

