

Photo credit: Ela Vegan

Green Pasta

INGREDIENTS

- 60ml olive oil
- 1 small onion, finely chopped
- 2 garlic cloves, finely chopped
- 2 anchovies, finely chopped
- 2 cups baby spinach (packed)
- 200g dried spaghetti (or pasta of your choice)
- Salt
- Grated parmesan cheese, to serve

Paddy's

Recipe by Melinda Essey
www.paddysmarkets.com.au

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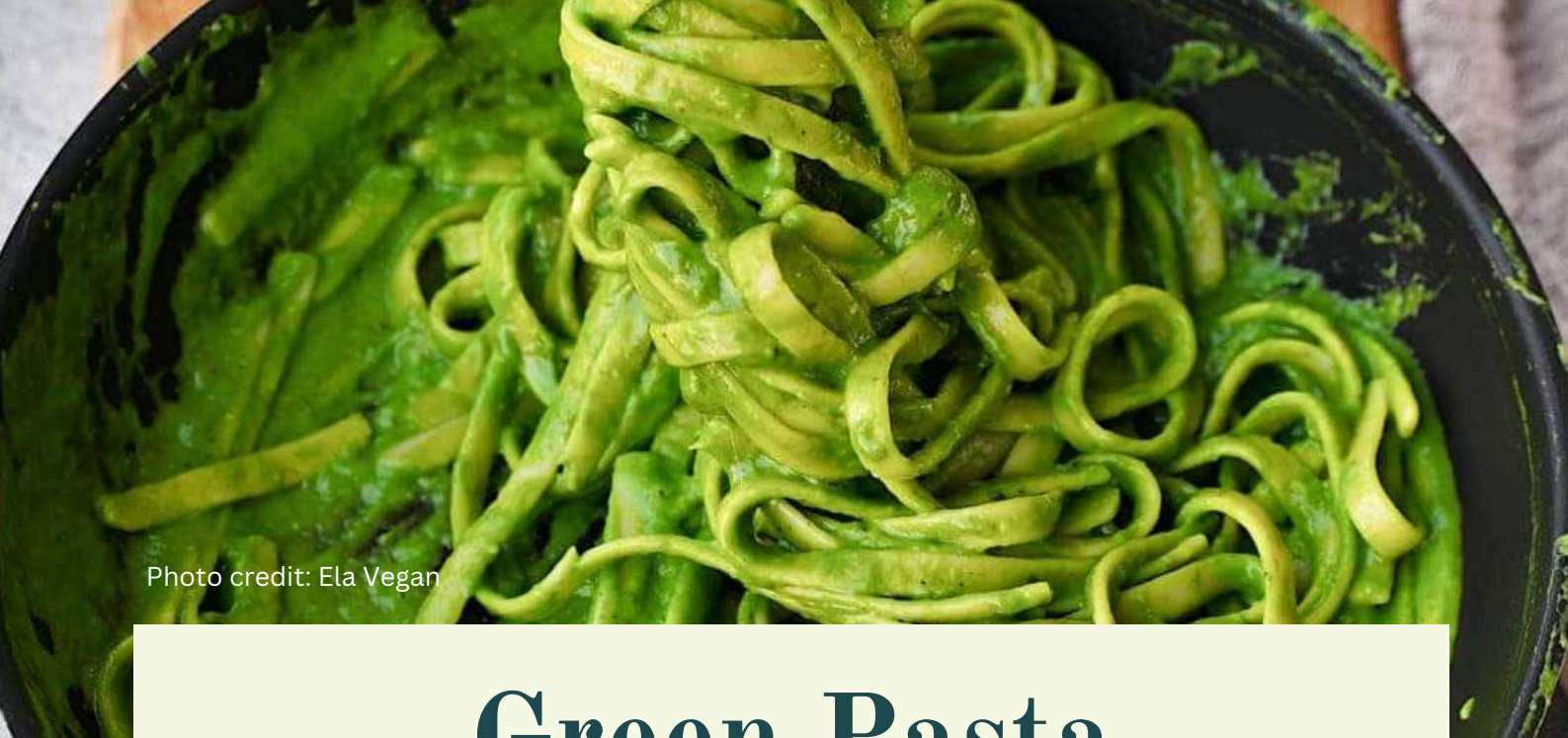


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Green Pasta

METHOD

1. In a large frying pan, heat the oil over medium heat and fry the onion, garlic and anchovies (if using), until fragrant.
2. Sauté the spinach for about a minute, until just wilted. Transfer the spinach mixture into the bowl of a small food processor or blender and process to a smooth purée.
3. Cook the pasta in plenty of boiling salted water according to the packet directions.
4. Gently reheat the puree in the same pan.
5. A minute before the pasta is cooked to your liking, ladle a spoon of the cooking water into the frypan. Transfer the pasta into the puree and toss to combine. Let the pasta finish cooking in the puree.
6. Serve topped with parmesan cheese.

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Photo credit: My Foodbook

Beetroot & Feta Salad

INGREDIENTS

- 1/2 medium red onion, halved and thinly sliced
- 2 tbsp apple cider vinegar
- Salt and freshly ground black pepper
- 2 oranges
- 2 tbsp pumpkin seeds
- 4 handfuls rocket leaves
- 2-3 medium-sized beetroots, cooked and chopped
- 80g feta
- Handful mint leaves
- A few sprigs dill, chopped

METHOD

1. Put the sliced onion in a bowl, add the vinegar, salt and pepper and toss well.
2. Peel the orange, removing any pith and segment over the onion bowl to make sure that you catch any juice. Set aside.
3. Gently toast the pumpkin seeds until fragrant and golden. Set aside to cool.
4. Pile the rocket onto the serving platter and pour a little of the vinegar from the onions over it and toss to coat. Dot over the beetroot and orange. Spoon the onion and rest of the dressing over the rocket.
5. Top with the feta and scatter with the pumpkin seeds, mint and dill.

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