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Broad bean salad with Mint and Fennel

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Ingredients

- 5 cups Gourmet Vegies Supa Vege Broad Beans, shucked
- 1 fennel bulb, thinly sliced
- 3 spring onions, thinly sliced
- ½ cup Hidden Valley Parsley, chopped
- 1 cup Hidden Valley Mint, loosely torn
- 1 lemon, juiced
- salt flakes and cracked pepper
- fruity olive oil, to dress salad

Method

1. To shuck the Gourmet Vegies Supa Vege Broad Beans from their pods, snap the end of the bean, pulling back to remove the connecting string. This will open up the bean and reveal the inner segment.
2. Blanch the broad beans by placing them into boiling water, remove the broad beans and place them directly into cold water, removing the grey shell to reveal the inner green broad bean.
3. Combine the broad beans, fennel and spring onions in a large bowl. Drizzle with olive oil and season well.
4. Add the Hidden Valley Mint and Parsley to the bowl, as well as the lemon juice.
5. Serve alongside grilled fish, salmon or with a poached egg atop.

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Beetroot and Spinach salad with Grilled Haloumi

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Ingredients

- 3 Gourmet Vegies Beetroot, peeled and grated
- 3 cups Hidden Valley Baby Spinach, washed
- 300g haloumi, sliced into 1cm slices
- ½ cup Hidden Valley Mint, loosely torn
- ½ cup pumpkin seeds
- ½ lemon, juiced and zested
- ½ lime, juiced and zested
- 1 teaspoon granulated white sugar
- salt flakes
- fruity olive oil, to dress salad

Method

1. Place lemon juice, lemon zest, lime juice, lime zest, olive oil, sugar and salt in a jar (or bowl), shaking to emulsify.
2. Place a grill plate on medium heat.
3. Grate the beetroot bulbs (Tip: Using gloves with stop your hands from being stained purple).
4. Arrange Hidden Valley Baby Spinach and Gourmet Vegies Beetroot on a serving plate, sprinkling with pumpkin seeds and Hidden Valley Mint leaves.
5. Cut haloumi into 1.5 cm segments, placing in a hot grill pan.
6. Turn haloumi and remove from heat once charcoal grill marks are achieved.
7. Place grilled haloumi atop of the salad and drizzle with dressing.