

Turkish Courgette Parcels

Courgette Sheets

2-3 courgette, wide and long as you can find

1 tsp sea salt

1. Using a Y peeler or mandoline, peel the courgette into long thin strips.
2. Line on a plate or baking tray and sprinkle salt over each layer as you go. Allow to marinate for 1 hour to soften the courgette and release water.
3. Gently run water over the strips to rinse off the salt and then pat dry between two kitchen towels or paper towels.
4. Store in an airtight container for 2-3 days if needed, or use right away.

Rice Filling

1 cup (120g) cauliflower, cut into florets

¼ cup (32g) pine nuts

1-2 tsp sea salt

¼ cup (35g) currants

2 tbsp red or white onion, or shallots, finely diced

¼ cup (32g) pine nuts (lightly roasted, optional)

⅓ cup (small handful) parsley, finely chopped

⅓ cup (small handful) mint, finely chopped

½ tsp allspice

½ - 1 tsp cinnamon powder

¼ tsp clove powder
Zest of 1 lemon
1 tbsp lemon juice
1 tbsp olive oil

1. Pulse first two ingredients in a food processor to a rice consistency and transfer to a mixing bowl.
2. Add remaining ingredients and mix well to combine. Taste and adjust seasoning as desired.
3. Store in an airtight container for up to 3 days in the fridge.

Yogurt Sauce

3 ½ ozs (100g) fermented cashew cream (see vault)
1 tbsp lemon juice
¼ - ½ tsp sea salt
½ tsp onion powder
¼ tsp garlic powder

1. Whisk together all ingredients and taste to adjust seasoning as desired
2. Store in the fridge for up to 1 week until ready to use.

Parsley Oil

2 cups (50g) parsley, roughly chopped
⅓ cup (80ml) olive oil
2 cloves garlic, minced on micro plane
2 tbsp lemon juice

½ tsp sea salt

¼ - ½ tsp fresh cracked black pepper

¼ cup capers

1. Pulse together all ingredients, except capers, in a high speed blender until the parsley is broken down.
2. Add the capers and blend on low just to slightly break them down.
3. Store in an airtight container for up to 7 days.

“Roasted” Cherry Tomatoes

1 cup (200g) cherry tomatoes, halved

½ tbsp olive oil

½ tsp sea salt

1 tsp red chili, minced

Zest of 1 lemon

1. Gently toss together all ingredients.
2. Transfer to a non-stick tray and dehydrate at 115f for 2-4 hours.
3. Allow to cool before storing in an airtight container for up to 5 days.