

Three healthy recipes from Flora pro. activ



PEAR AND WALNUT SALAD

Servings: 4
Preparation time: 20 minutes

Ingredients

1 bag of mixed salad leaves e.g. rocket, watercress & spinach
3 golden pears, peeled, halved & cored
55g (2 oz) walnut halves
Zest and juice of 1 lemon
2 tablespoons walnut or hazelnut oil
2 tablespoons olive oil
A little salt and black pepper
1 tablespoon white wine vinegar
2 tablespoons chives, chopped
8 thin slices French stick, toasted
55g (2 oz) Flora pro.activ spread

Method

Wash the salad leaves and shake dry
Cut the pears into thin, lengthways slices and toss in the lemon juice

For the dressing:

Mix the oils with seasoning, vinegar and half the chives

Arrange the salad leaves on 4 individual plates with the drained pear slices on top and scatter over the walnut halves

Mix the Flora spread with the lemon zest and remaining chives and spread over the slices of French stick

Arrange 2 of the croutons on top of each salad and spoon over the prepared dressing.

THAI GREEN CHICKEN CURRY

Servings: 4
Preparation time: 30 minutes
Cooking time: 25 minutes

Ingredients

2 tablespoons vegetable oil
4 shallots, quartered
2 garlic cloves, sliced
2.5cm (1 inch) grated root ginger
3 tablespoons Thai green curry paste
425ml (¾ pint) chicken stock made with ½ stock cube
1 tablespoon Thai fish sauce
1 tablespoon lemon or lime juice
350g (12 oz) boneless chicken breast, skin removed and cut into cubes
1 red pepper, seeds removed and sliced
115g (4oz) green beans, halved crossways
1 small aubergine, cut into cubes
25g (1oz) creamed coconut, roughly chopped
3 tablespoons chopped fresh coriander
225g (8 oz) medium noodles
40g (1 ½ oz) Flora pro.activ spread

Method

Heat the oil in a pan and cook the shallots and garlic, stirring occasionally, until soft and golden brown



Stir in the ginger and curry paste and cook for 2 minutes

Add the stock, fish sauce and lemon juice and simmer gently for 5 minutes

Stir in the chicken, pepper, beans and aubergine. Bring to the boil and simmer gently for 10-15 minutes, stirring occasionally, until the chicken and vegetables are cooked and tender. Add the creamed coconut and stir until melted

Cook the noodles according to pack instructions, drain and add the Flora pro.activ spread and 2 tablespoons of the coriander. Serve the noodles topped with the curry and sprinkled with remaining fresh coriander

CRUNCHY RHUBARB LAYERED DESSERT

Servings: 4

Preparation time: 15 minutes

Cooking time: 1 minute

Ingredients

350g (12 oz) rhubarb, cut into 2 cm slices

40g (1 ½ oz) golden caster sugar

Finely grated zest and juice of ½ orange

8 biscuits (ginger or digestive), crushed

25g (1 oz) Flora Buttery spread

2 pots Flora pro.activ yogurt

Shreds of orange zest to decorate

Method

Place the rhubarb, sugar and orange zest and juice in a small pan and heat gently for 4-5 minutes until rhubarb has softened and cool

Meanwhile melt the Flora spread over a gentle heat and mix with the biscuits

Layer the rhubarb, yogurt and crumb mix into 4 serving glasses and finish with the crumb mix. Decorate with shred of orange zest if liked



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How long is the preparation time for the pear and walnut salad?

Send your answer to:

**Senior Times Flora pro active competition, Unit 1,
15 Oxford Lane, Ranelagh, Dublin 6.**

Or email your answer to john@slp.ie

Deadline for receipt of entries is 28th September 2011. The first four correct answers drawn are the winners.