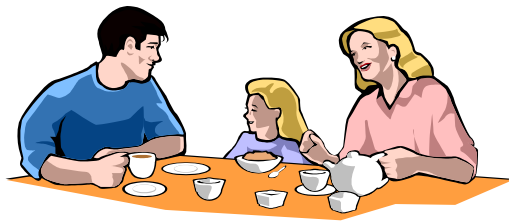


# EATING FOR HEALTH

*The next meeting will be held on Tuesday 29 June at 7 p.m.*

**RECIPE CLUB  
24 JUNE 2014**



## ***COOKING WITH JUSTIN***

- **BEETROOT SALAD**
- **MUSHROOM GNOCCHI**

To access past recipes, please go to our church website: <http://hamilton.adventist.org.au>

# BEETROOT SALAD

## Ingredients

400g raw beetroot (peeled & quartered)  
100g carrot, quartered

1/4 -1/2 small red onion  
1 green apple, quartered  
2 Tbsp fresh coriander leaves  
2 tbsp olive oil  
juice of 1/2 lemon  
Salt or sugar to taste

## Method

Grate all ingredients and combine.

Alternatively use a food processor until desired consistency is reached, a more finely chopped version will give you a delicious dip as well.



# MUSHROOM GNOCCHI

## Ingredients

2 cups of mushrooms sliced  
Soy Sauce  
Coconut Cream  
Vege stock (powdered)  
1/2 an onion finely diced (optional)  
Teaspoon of minced garlic (optional)

## Method

1. Sauté mushrooms
2. Add onion and minced garlic to taste
3. Add coconut cream - 1/2 a can depending on how thick you want your sauce
4. A dash of splashes of soy sauce
5. Vege stock to taste
6. Reduce to desired consistency
7. Boil gnocchi until it floats, drain.
8. Combine the mushroom sauce with the drained gnocchi.

