

# EATING FOR HEALTH

*Our next meeting will be held on Tuesday 29th April at 7 pm.*

*Please mark the date in your diary.*

*Justin Bone will be presenting the cooking demonstration and the health talk.*

*If you have enjoyed the program tonight, do invite your family and friends to our next meeting.*



To access past recipes, please go to our church website:

<http://hamilton.adventist.org.au>

**RECIPE CLUB  
31 MARCH 2015**



**COOKING WITH SIEW**

- **CHINESE NEW YEAR SALAD**
- **'NUT'-ELLA**

## CHINESE NEW YEAR SALAD

1 cucumber  
1 carrot  
1 apple  
5 radishes  
1 grapefruit  
1/2 bunch coriander  
1 packet Chang's Fried Noodles  
1/2 cup roasted peanuts, crushed  
1/4 cup roasted sesame



### Dressing:

150ml plum sauce  
2 tbsp honey  
2 tbsp lemon or lime juice  
1 tsp sesame oil  
1 tbsp peanut or olive oil  
1/4 tsp five spice powder

Julienne apple, carrot, cucumber, radishes.  
Remove membrane from grapefruit. Chop into small pieces.  
Pick leaves from coriander. Chop roughly.  
Assemble the vegetables in groups around the platter. Scatter noodles, peanuts and sesame on top.  
Drizzle dressing over.

(Dressing adapted from Adam Liaw's recipe)

## 'NUT'-ELLA

1/2 cup tahini  
1 tbsp honey (or less, according to taste)  
5 tsp carob powder  
pinch of salt  
some vanilla

Mix all ingredients together.

If mixture seems too dry, add a little olive oil.

Serve on bread or crackers.

(Adapted from Wholefood Simply)

