



A PRETTY TASTY BUNCH

Brighten up lunch with this healthy, fresh salad

Flower Power Salad

SERVES 4

- 200g mixed salad leaves, including nasturtium leaves
- 2 ripe avocados, cubed
- 50g shredded radicchio
- 8 nasturtium, calendula and/or pansy flowers
- 4 tbsp chive blossoms
- 4 tbsp basil flowers
- 2 tbsp rosemary blossoms
- 30g dried cranberries

FOR THE DRESSING

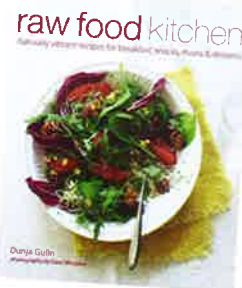
- 150g macadamia nuts
- 60g grated celery or parsnip
- 1 small onion, grated
- 1 tbsp nutritional yeast (optional)
- Freshly squeezed lemon juice, to taste
- Sea salt

Nasturtium has natural antibiotic properties and can be eaten for protection against colds, viruses and stomach upsets. The leaves and flowers are rich in vitamin C and add a nice peppery taste to salads, pasta dishes and sandwiches.

✦ To make up the dressing, put the macadamia nuts, celery or parsnip and onion into a food processor with a little water and blitz to get a smooth texture. Add the yeast, if using it, then the lemon juice and salt to taste. Whizz up until smooth.

✦ Put the salad leaves, avocado and radicchio in a salad bowl and mix. Divide between four bowls and sprinkle the flowers and cranberries equally over each portion. Serve with dressing on the side. Then make sure you enjoy every petal.

Taken from *Raw Food Kitchen* by Dunja Gulin, photography by Kate Whitaker (£16.99, Ryland Peters & Small). Available to Marie Claire readers for £14.99 including p&p. Call 01256 302 699 quoting GLR 6LB.



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MY FOOD HEAVEN

Joanne Froggatt

'Mildreds, a tiny old cafe-style vegetarian restaurant in Soho is always jam-packed so you have to get there really early. They do an amazing goat's cheese salad. I'm not a vegetarian but you do come out feeling healthier. I like making my own salads with rocket, tuna steak, pine nuts, Parmesan and balsamic dressing. My partner James enjoys them although he's hungry about an hour later! I get him to cook anything trickier because I find it quite stressful. I like the Crazy Bear in Beaconsfield for the opulent decor, wild, over-the-top chandeliers and great Thai and English food. If I'm staying out later I go to Shoreditch House. I don't

jump in the pool, as tempting as it is, but I do drink peach bellinis. I went recently with the girls from Downton Abbey. I very rarely have the stamina to stay out until 7am but there were parties every night when we went to the

Emmy Awards. I was the host at home asking, 'I know you're that people's person. I've seen Downton Abbey. I know who Victoria Beckham is. I'm petite silhouette. I'd like Léger dressing. I wouldn't have dinner for dinner to eat me



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