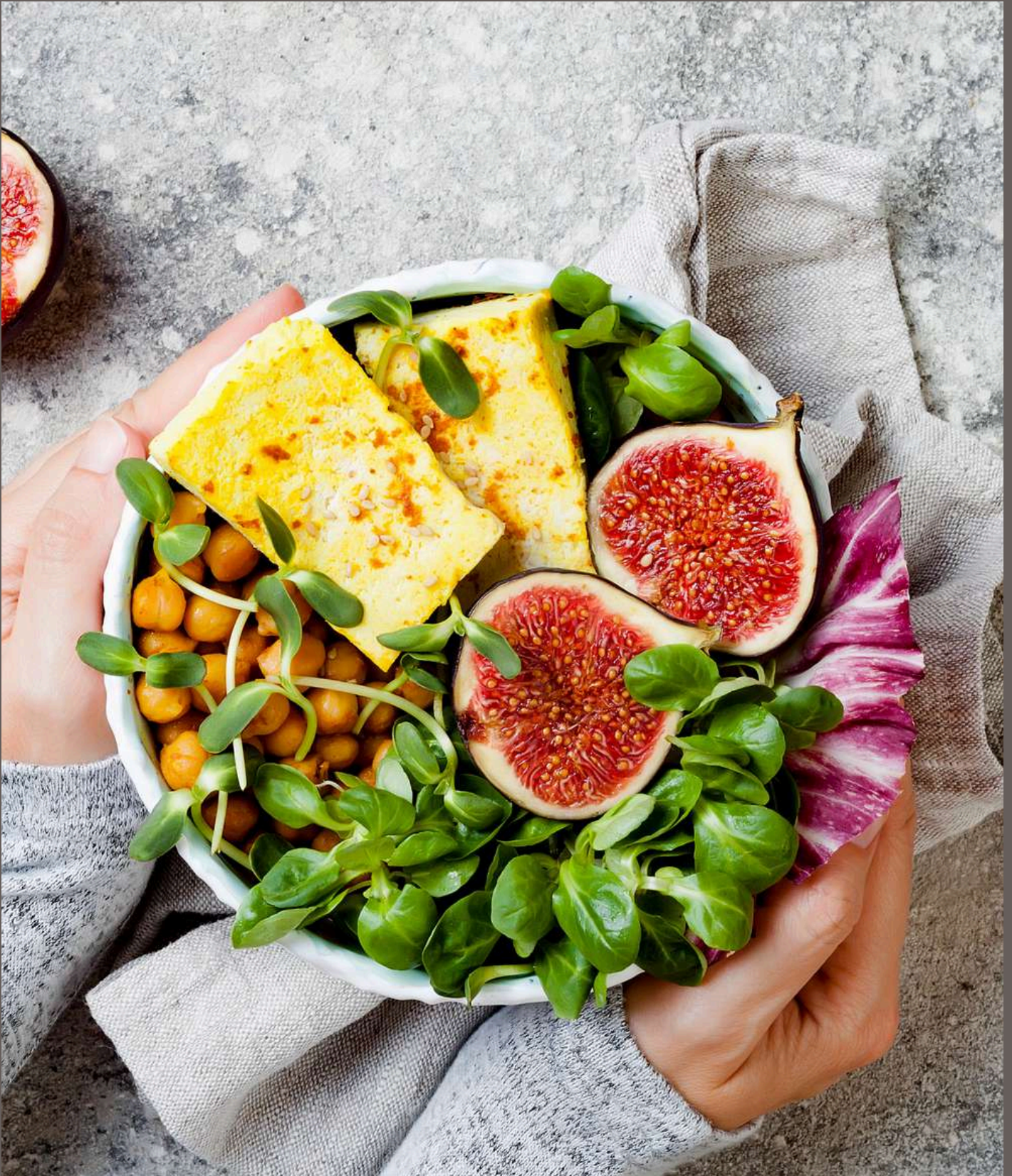


LONGEVITY

RECIPE BUNDLE





WILD SALMON & ROMANESCO PILAF

Serves 4

INGREDIENTS

- 2 Tbsp extra-virgin olive oil, plus more for drizzling
- 1 small onion, finely diced
- 1 cup basmati rice, well rinsed
- ½ cup slivered almonds, toasted
- Salt and freshly ground pepper
- 1 head Romanesco or cauliflower, cut into 1-inch pieces
- 4 skinless wild-salmon fillets
- 1 lemon
- ¼ cup chopped fresh dill
- ¼ cup chopped fresh coriander leaves

METHOD

- Preheat oven to 200°C. Heat oil in a large straight-sided skillet over medium.
- Add onion; cook, stirring, until tender, about 6 minutes. Add rice; cook, stirring, 2 minutes. Stir in 2 cups water, almonds, and ¾ tsp salt; season with pepper.
- Bring to a boil, then reduce heat to low and cover; cook for 5 minutes.
- Remove lid; add Romanesco in an even layer and season with salt. Cover; continue cooking until rice and Romanesco are tender (about 10 minutes).
- Uncover skillet & remove from heat.
- Season fish with salt and pepper; nestle into rice mixture. Drizzle fish and romanesco with oil; bake in oven until fish is just cooked through (7-9 minutes). Using a zester, finely grate lemon zest over fish; sprinkle with herbs.
- Transfer fish to plates. Fluff rice mixture with fork; serve with fish and lemon wedges.

By Shira Bocar



WEEKNIGHT VEGETARIAN CHILLI

Serves 4

INGREDIENTS

- 2 Tbsp extra-virgin olive oil
- 1 red onion, finely diced
- 2 cloves garlic, minced
- Salt
- 2 tsp chipotle sauce
- 2 tsp chili powder
- 1 tsp ground cumin
- 1 can (250g) diced tomatoes
- 3 cups cooked pinto, kidney or black beans; or
2 cans (each 286g) beans, drained and rinsed,
plus 1 cup water
- 40g sharp cheddar, grated (1 ½ cups)
- 1 avocado, pitted, peeled, and chopped
- ½ cup fresh coriander leaves or small sprigs
- Greek yoghurt and blistered corn tortillas or
lettuce cups, for serving

METHOD

1. Heat oil in a large straight-sided skillet over medium. Reserve 1/4 cup diced onion; add remaining onion to skillet along with garlic. Season with salt and cook, stirring, until tender, 4 to 6 minutes.
2. Add chipotle, chili powder, cumin, and tomatoes with their juices; cook, stirring, 2 minutes.
3. Add beans and cooking liquid; bring to a simmer. Cook until slightly thickened, 15 to 18 minutes.
4. Season to taste. Sprinkle with cheese, cover, and cook until just melted, about 2 minutes.
5. Remove from heat; top with reserved onion, avocado, and coriander, and serve with Greek yoghurt and tortillas / lettuce cups

By Shira Bocar



ROASTED BROCCOLI WITH SEEDS & PECORINO

Serves 4

INGREDIENTS

900g broccoli, stems peeled and sliced, florets cut into ½-inch-thick slices
½ cup raw hulled pumpkin seeds
3 Tbsp extra-virgin olive oil
Coarse salt and freshly ground pepper
2 Tbsp finely grated Pecorino Romano cheese
2 cups cooked short-grain brown rice
Lemon wedges, for serving

METHOD

- Preheat oven to 210° C. Arrange broccoli and pumpkin seeds in single layers on 2 rimmed baking sheets.
- Drizzle with olive oil and season with salt and pepper. Toss to coat.
- Roast, rotating pans once, until golden in spots and just tender, about 20 minutes.
- Allow to cool slightly on baking sheets, then sprinkle with cheese.
- Divide rice among serving dishes, top with broccoli mixture, and finish with lemon wedges before serving.

By Martha Stewart



ASPARAGUS AND WALNUT SALAD

Serves 4

INGREDIENTS

2 Tbsp apple-cider vinegar
3 Tbsp extra-virgin olive oil
Salt and freshly ground pepper
450g asparagus, trimmed, stalks sliced thinly
on the bias
30g shaved Pecorino Romano
¼ cup walnuts, toasted and chopped
¼ cup fresh parsley leaves

METHOD

- In a medium bowl, whisk together vinegar and oil.
- Season with salt and pepper.
- Add asparagus, cheese, walnuts, and parsley to bowl and toss to coat with dressing.
- Season with salt and pepper to taste and serve.

By Riley Woffordt



CLASSIC GUACAMOLE

Makes 2.5 cups

INGREDIENTS

- 3 ripe but firm avocados, peeled and pitted
- 2 Tbsp fresh lime juice
- ¼ cup chopped white onion
- ¼ cup chopped jalapeno
- ½ cup chopped fresh coriander
- Salt and freshly ground pepper
- 1 cup halved or quartered cherry tomatoes
- 2 chopped hard-cooked eggs
- Vegetable crudites, for serving

METHOD

- In a medium bowl, lightly mash avocados.
- Add lime juice, onion, jalapeno, coriander, 2 teaspoons salt, and 1/4 teaspoon pepper.
- Fold in cherry tomatoes and eggs.
- Serve with crudites of your choice.
- Serve immediately or refrigerate in an airtight container with plastic directly on the surface for up to 1 day.
- If making ahead, hold off on stirring in eggs until just before serving.

By Martha Stewart



BLUEBERRY-BANANA SMOOTHIE

Serves 2

INGREDIENTS

1 ripe banana
1 cup frozen blueberries
1 cup plain Greek / coconut yoghurt

OPTIONAL

Seeds of your choice
Dessicated coconut
Matcha
Mint

METHOD

- Start by adding yoghurt or the base liquid (dairy or non-dairy milk, or water) to the blender.
- Next, add smaller ingredients, like diced fruit, blueberries, or seeds.
- Finish by adding larger pieces of fruit like chopped bananas and nuts.
- If you choose to add ice to your smoothie, add the cubes last.
- Adding the ingredients in this order makes for smoother blending and less likelihood of your blender clogging.
- Finally, decorate your smoothie