

## Name the recipe

Best name wins –

**This recipe is so delicious it deserves a name**

Win plants of your choice to **value of \$25** competition closes 8pm 29<sup>th</sup> Jan 2012

*Please note this is first time I have written up a recipe all quiet encouragement encouraged*

In a heavy bottomed pot heat up a handful of chopped fresh herbs

I used mint, Lemon Verbena and oregano in olive oil – (use what you have heaps of)

Add one small chicken breast finely chopped (this is optional)

Cook until herbs sweat and chicken whitens

Sprinkle in ¼ cup brown lentils

Heat through

Add ½ cup Polenta

Stir through cover with boiling water

Stir until water absorbed

Cool slightly beat one egg through

Put in oiled oven proof dish

Cover with fresh chopped herbs salt pepper

Cover with a thick layer of finely chopped amaranth (spinach, watercress or other plentiful green)

Add sliced mushrooms and courgettes splash olive oil

Finally cover with sunflower and pumpkin seeds

Back in oven at 150 degrees for about ½ hour enjoy

Serve with a fresh relish or sour cream if desired