

Zingy Tapenade

Here's the tapenade recipe

¼ 1/3 cup of dried tomatoes
half a cup of Sicilian green olives or similar (pref in brine not oil)
one tablespoon of olive oil
1/4 cup of lemon juice
2 medium size, ripe tomatoes
cup of fresh coriander (I'm sure basil would be good, probably need less)
small clove (segment) of garlic
pinch of cayenne pepper
3 - 4 tsps of capers
(Org ones at the Criterion St organic shop in Tas or Planet Organic in London)

Blend well.

Creamy pesto pate

2 - 3 tbsps pine nuts
1 tbsp olive oil
1 tbsp lemon juice
tamari to taste (Not too much - shouldn't be able to taste it)
nob of garlic (½ inch by ½ inch ish)
1 small sweet tomatoe
big handful of coriander or basil
pinch of cayenne if you like (improves circulation)

Blend well. (you may need to shake the container while it's blending.) This is so creamy you'd swear there was avocado or cream in it.

Put left over pates in ice cube tray in freezer -they don't keep long in fridge.

Cut up rainbow plate of crudites - carrot, beetroot, radish, cucumber, avocado, courgettes, sugar snap peas. celery

Have before main course with pate or tapenade or both.

Add humus & guacamole & you've got a light meal!