

Be (Chow) Mein Valentine

Stir-fried food is mostly very healthy, and usually very quick to cook, so perfect for a mid-week dinner. This chow mein, based on a BBC Good Food recipe, is extra fast as it cheats and uses ketchup. Say it with flowers this Valentine's Day – well, Flower Sprouts anyway: this brassica is a cross between Brussels sprouts and kale, and delicious steamed, stir-fried or braised. Add some marinated beef, chicken or tofu to the chow mein for something to sink your teeth into on 14th February.

Serves 2

2cm fresh ginger, peeled & grated
2 garlic cloves, crushed
3 tbsp tomato ketchup
2 tbsp oyster sauce
2 tbsp soy sauce
1 tbsp sunflower oil
1 sweet pepper, deseeded & sliced
1 onion, peeled & sliced
handful Flower Sprouts, quartered
handful mushrooms, sliced
handful sliced chard leaves & ribs
2-3 nests egg noodles



Mix together the minced or grated ginger, crushed garlic, ketchup, oyster sauce, soy sauce and a splash of water in a bowl. Heat a wok or large fry pan over a high heat; add the oil and when smoking add the chopped Flower Sprouts and onions. Stir-fry briskly for a few minutes, then add the sliced mushrooms, peppers and chard ribs. Cook the noodles in a saucepan of boiling water for a minute or two. Pour the sauce into the wok, and continue stirring; add the chard leaves. Add the drained noodles and mix together well. Serve in bowls with a sprinkle of toasted sesame seeds if desired, and an extra drizzle of soy sauce.



Tel: 01793 772287
info@purtonhouseorganics.co.uk
www.purtonhouseorganics.co.uk

This week we love... **Cheese** **Valentine's Day Thursday 14th Feb**

We love cheese all the time of course, but 14th Feb is the perfect time to adore it! We've got a huge range of gorgeous cheese in the shop, from a variety of local producers. This Valentine's Day try a delicious organic beef steak with some blue cheese melted over the top; a sexy cheesy fondue; or a decadent cheese board with a little bit of everything you fancy. As well as the usual **cheddars** and **oak-smoked cheese**, choose from:



www.freedigitalphotos.net/zole4

Somerset Camembert

Cornish Brie

Brinkworth's Wiltshire Loaf

Brinkworth Blue

Royal Bassett Blue

Woefuldane Dairy's Hampton Blue (Forest of Dean)

Woefuldane Dairy's Blue Heaven (Forest of Dean)

Woefuldane Dairy's Forest Oak (Forest of Dean)

Woefuldane Dairy's Forester (Forest of Dean)

If you're looking for more Valentine ideas, we have chocolate-coated apricots, mangos and brazils, and the amazing chocolate bar library from Montezuma's. Browse our range of perennial plants from TWIGS (a Swindon charity helping people recover mental health through gardening), and try a bottle of Elderflower Bubbly from Luscombe. Or we still have some mini willow picnic hampers in stock so you can create a sumptuous bespoke gift.

Purton
Farm Shop



From our land to your hand

Open Tuesday-Friday 9.30am-5.30pm
Saturday 9.30am-4pm
Sunday 11am-4pm

Purton Farm Shop
Church End, Purton SN5 4EB
Tel: 01793 772287