

Clearspring

How's That Spelt? Introducing the New Range of Clearspring Organic Italian Semi Whole Spelt Pasta

The heart of Abruzzo, Italy, is home to the makers of a new range of organic spelt pasta from Clearspring. The ancient and delicious, yet relatively unknown, spelt grain is locally grown and traditionally milled and processed to produce Clearspring's first range of light and easy to eat pasta.

The pasta is made with semi polished flours which are gently milled to remove only the coarsest bran, resulting in pasta that is much lighter than whole spelt, whilst still containing all the nutritional goodness and delicious flavour of the whole grain.

Spelt, an ancient relative of wheat which goes back to the Bronze Age, has a deliciously nutty taste that works great as pasta. Simply serve with a basic tomato sauce to release the unique flavour.

As spelt has a low glycaemic index and is easily digestible, Clearspring's new range of pasta is a great healthy choice and is suitable for those with mild wheat intolerance.



Clearspring Organic Italian Semi Whole Spelt Pasta

RSP: £3.99 for 500g

Varieties: Spaghetti and Penne

Also available: **Clearspring Organic Italian Semi Wholewheat Pasta**

RSP: £2.49 for 500g

Varieties: Spaghetti, Penne and Fusilli

All available in independent health food stores and selected multiple retailers.
Please see <http://www.clearspring.co.uk/stockists> for our total distributor network.

First released December 2009 / Updated January 2011

Prices accurate as of January 2011

Ends

If you would like images, samples or more information, please do not hesitate to get in touch with Margreet Westerhuis on margreet@clearspring.co.uk or call mobile +44 (0)791 782 3252. You can also find more information on our website; <http://www.clearspring.co.uk>

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Spaghetti with Steamed Vegetables and Tamari-Roasted Almonds



Ingredients (Serves 4)

- 1 carrot, julienned
- 1 small green courgette, julienned
- 1 yellow courgette
- 335g Clearspring Organic Semi Whole Spelt Spaghetti
- 2 tbsp peanut oil
- 1 tbsp plus 1 tsp Clearspring Organic Shoyu OR Clearspring Organic Tamari
- 1 tbsp plus 1 teaspoon fresh lemon juice
- 1 tbsp fresh ginger, peeled and finely grated
- 1 clove garlic, finely chopped or crushed
- 1 teaspoon Clearspring Traditional Sea Salt
- 1 tbsp Clearspring Organic Toasted Sesame Oil
- 3 tbsp fresh coriander, chopped
- 3 spring onions, thinly sliced on the diagonal
- 30g Clearspring Organic Tamari Roasted Almonds

Method

1. Place the carrots in a steamer basket over 2 cm boiling water, cover, and steam for 3 minutes. Add the courgettes over the carrots, cover and steam for 1 minute more. Remove steamer basket from pan and rinse the vegetables with cold water. Set aside.
2. Cook the spaghetti in plenty of boiling, salted water according to the directions on the pack, until 'al dente'. Drain and immediately rinse with cold water.
3. While the spaghetti is cooking, whisk together the peanut oil, tamari, lemon juice, grated ginger, garlic, salt and toasted sesame oil. Add the coriander.
4. In a large bowl, toss the spaghetti with the dressing, add the steamed vegetables and spring onions, toss well and serve with a sprinkling of tamari-roasted almonds.

Chef: John & Jan Belleme

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