

The healthy chef

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For me, beauty comes from the food you consume. I eat clean, nourishing wholefoods that include lots of antioxidant-rich leafy greens and berries, and good fats with a little protein.

My Polish great-grandmother was a big influence in my life. She taught me about the benefits to your body of good food, and her skincare routine was simple - she loved olive oil and avocado face masks that infused her skin with vitamin E and anti-ageing antioxidants. I still make her recipe using half a smashed avocado and two tablespoons of olive oil, which I enhance by adding a spoonful of wheatgrass powder to help nourish the cells. Your skin feels hydrated and it just glows.

Another face mask I love is made from Greek-style natural yoghurt and a little honey. Yoghurt is both moisturising and rich in lactic acid, which is a natural exfoliant, and honey is great for hydrating the skin. Just mix two parts yoghurt with one part honey and let it sit on your face for 30 minutes.

I mostly eat a vegetarian diet so I make sure I have at least one protein shake a day. For lunch, I usually have a large salad and for dinner I often have a big bowl of vegetable soup made from whatever is good at the local markets. Another favourite is my green pea and spinach risotto drizzled with a little truffle oil and topped with fresh grated parmesan (see recipe below).

As I grow older I'm all about nurturing my body. I want to age gracefully and do my best to keep myself in good shape. Think of every day as an opportunity to do the best you can for your health and wellbeing.

GREEN PEA AND SPINACH RISOTTO

SERVES 2

This is simple and nourishing comfort food that makes you feel great from the inside out. When I make risotto my aim is to focus on using more vegetables rather than a lot of rice.

- 1 onion, finely diced
- 2 tsp extra virgin olive oil
- 60g carnaroli rice
- 500ml good quality vegetable or chicken stock - hot
- 250g peas
- 2 large handfuls baby spinach
- black pepper
- freshly grated parmesan,

to serve

- 1 tbsp truffle oil (optional), to serve
- finely chopped parsley, to serve

Sauté onion in olive oil over a medium heat until soft. Add the rice and stir through for 1 minute. Add 1 cup of stock and continue stirring until the rice has absorbed some of the stock and thickened. Add 1 more cup of stock and simmer, continuing to stir, until the rice is tender but not soft.

Blanch the peas for 1 minute in boiling water then drain.

Put half the peas into a blender and purée with the spinach leaves until smooth. Add the green pea and spinach purée and the whole green peas to the risotto and stir through for 3 minutes or until the risotto is thick and creamy. Your risotto should be a lovely and soupy, but not too thick.

Season with black pepper and add a little grated parmesan.

Serve topped with truffle oil (if using), a little more grated parmesan and the chopped parsley.

Notes + inspiration: this is even more delicious topped with a lightly fried organic egg, sunny side up.

Hero ingredient: green peas. Loaded with antioxidants and anti-inflammatory nutrients, they are a great source of vitamin A, vitamin K, folate, iron and fibre and come packed with high-quality protein.



Teresa Cutter. Photo: Jason Ierace



Green pea and spinach risotto. Photo: Paul Cutter ACS

