



## EAT YOUR WAY TO Beautiful

**CARLA OATES**, founder of organic beauty and wellness range The Beauty Chef, has been writing about natural health for 15 years. Here, she shares her tried and tested recipes for healthy dishes that please the eye as well as the taste buds.

### FIG, POMEGRANATE, RADICCHIO, ORANGE AND FETA SALAD

This delicious mix of bitter, sweet and savoury flavours always reminds me of one of my favourite chefs, Yotam Ottolenghi, who would probably have put orange blossom water in this recipe (which would be beautiful). Radicchio contains inulin, a prebiotic, which also increases bile production and helps us utilise skin-loving fats. **SERVES 4**

#### INGREDIENTS

- 2 oranges
- 3 ripe figs
- 1 head radicchio
- 1 pomegranate, seeds removed
- 150g marinated feta, drained and crumbled
- 80g walnuts, lightly roasted
- 2 large handfuls mint leaves, torn

#### For the dressing

- 60ml red wine vinegar (unpasteurised)
- 1½ tsp Dijon mustard
- 1 tsp raw honey
- 80ml extra-virgin olive oil
- Himalayan salt and freshly ground black pepper

#### METHOD

- 1** To prepare the dressing, whisk the vinegar, mustard and honey together in a small bowl. Gradually pour in the oil, continuously whisking, until fully incorporated. Season with salt and pepper. Set aside.
- 2** Using a small sharp knife, cut off and discard the orange skin. Slice the oranges into approximately 1cm-thick rounds.
- 3** Roughly tear the figs into quarters. Roughly tear the radicchio into pieces.
- 4** To assemble, arrange the orange, fig and radicchio on a large serving plate. Drizzle with half of the dressing.
- 5** Scatter with pomegranate seeds, feta, walnuts and mint. Drizzle with the remaining dressing.





## RAINBOW CHARD, TOMATO AND GOAT'S CHEESE TART

I love the shiny ribbed leaves of this nutrient-dense leafy green, and its slightly stronger flavour than spinach, although both are equally good for you – full of skin-clarifying riboflavin and zinc, as well as biotin, essential for healthy skin, hair and nails. Goat's cheese is lovely and is easier on the digestive system than cow's. **SERVES 8**

### INGREDIENTS

#### For the buckwheat and hazelnut pastry

- 150g buckwheat flour
- 100g finely ground hazelnuts
- 30g arrowroot
- ½ tsp Himalayan salt
- 2½ tbsp macadamia oil
- 1 large egg, lightly beaten
- 1½ tbsp water

- 1 tbsp apple cider vinegar (unpasteurised)

#### For the filling

- 1 tbsp olive oil
- 1 small brown onion, thinly sliced
- 2 cloves garlic, thinly sliced
- 200g rainbow chard, coarsely chopped
- finely grated zest of 1 lemon
- Himalayan salt and freshly ground black pepper

- 100g soft goat's cheese
- 150g cherry tomatoes, halved
- 1 small handful basil leaves, coarsely chopped
- 1 small handful thyme leaves, coarsely chopped
- 6 large eggs
- 160ml almond milk

### METHOD

- 1 Preheat the oven to 200°C/gas mark 6. Lightly grease a 23cm loose-based fluted tart tin with coconut oil. Refrigerate.
- 2 To prepare the pastry, place the buckwheat flour, ground hazelnuts, arrowroot and salt in a large bowl and stir to combine. Add the macadamia oil, egg, water and vinegar and stir to form a sticky dough.
- 3 Press the dough evenly into the base and sides of the prepared tin. Prick the base several times with a fork.
- 4 Bake for 15 minutes, or until crisp and golden brown.
- 5 To prepare the filling, heat the oil in a large frying pan over low heat. Cook the onion and garlic, stirring occasionally, for 10 minutes, or until softened and beginning to caramelise. Add the chard and cook for 1-2 minutes, until wilted. Remove from the heat. Add the lemon zest and season with salt and pepper.
- 6 Scatter half of the goat's cheese over the base of the tart. Arrange the chard and onion mixture over the top. Scatter with the tomatoes, basil and thyme.
- 7 Scatter with the remaining goat's cheese.
- 8 Lightly beat the eggs together in a medium bowl.
- 9 Add the almond milk and beat to combine. Season with salt and pepper. Pour the egg mixture into the tart.
- 10 Bake for 25-35 minutes, until the egg is set and the top is golden brown. Leave in the tin for 10 minutes to cool slightly. Remove from the tin and slice to serve.
- 11 The tart can be served warm, at room temperature or chilled.



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## LAYERED CHOCOLATE AND BLACKBERRY CAKE WITH CACAO & CULTURED BUTTER FROSTING

Serve this amazing cake with pride to sceptics and watch them eat their words. It looks and tastes just like a traditional chocolate cake, but nourishes, not depletes. **SERVES 10-12**

### INGREDIENTS

- coconut oil, for greasing
- 1 cup blackberry and vanilla chia jam (for Carla's recipe, see [image.ie](http://image.ie))
- edible flowers, to decorate (optional)
- fresh blackberries, to decorate (optional)

### For the chocolate pumpkin cake

- 450g peeled pumpkin, cut into chunks, or 250g purée
- 6 medjool dates, pitted
- 125ml boiling water
- 3 large eggs
- 80g almond butter
- 80ml maple syrup
- 60ml macadamia oil, plus extra for drizzling
- 2 tsp vanilla bean powder (available from health food stores)
- 100g almond meal
- 35g buckwheat flour
- 80g cacao powder
- 30g arrowroot
- 2 tsp gluten-free baking powder
- ½ tsp bread soda
- pinch of Himalayan salt

### For the cacao and cultured butter frosting

- 8 medjool dates, pitted
- 125ml boiling water
- 100g unsalted cultured butter, softened
- 60g cacao powder
- 1½ tsp vanilla bean powder

### METHOD

- 1 Preheat the oven to 180°C/gas mark 4. Lightly grease and line a 20cm springform cake tin with baking paper. Place the pumpkin chunks on a baking tray. Drizzle with macadamia oil. Roast for 20-25 minutes, or until tender and caramelised. Set aside to cool.
- 2 Reduce the oven to 170°C/gas mark 3. Soak the dates in the boiling water for 10 minutes, or until softened.
- 3 In a high-speed food processor, blend the dates and their liquid, the eggs, almond butter, maple syrup, macadamia oil and vanilla bean powder until smooth.
- 4 Add the pumpkin and blend to combine. Transfer into a medium bowl.
- 5 Place the dry ingredients in a medium

bowl and stir to combine. Add to the wet mixture and stir to make a smooth batter. Pour the batter into the prepared tin.

- 6 Bake for 50-55 minutes, until a skewer comes out clean when inserted into the centre to test. Leave in the tin for 10 minutes to cool slightly. Turn out onto a rack to cool completely.
- 7 Once cooled, slice the cake in half horizontally.
- 8 Spread the blackberry and vanilla chia jam over the base. Sandwich the other cake half on top.
- 9 To prepare the cacao and cultured butter frosting, soak the dates in the boiling water for 10 minutes, or until softened. Cream the butter in a medium bowl using an electric mixer, until pale and creamy.
- 10 Remove the skins from the dates and place them, with their liquid, in a high-speed food processor. Add the cacao and vanilla and blend until smooth. Add this mixture to the creamed butter and mix until combined.
- 11 Using a spatula, spread the frosting on top and over the cake, to completely cover. Decorate with edible flowers and fresh blackberries, if desired.
- 12 Refrigerate this cake until required. The frosting will begin to melt off the cake if left out, especially on a warm day.

