

MUKHAMMED GAVI

NATHAN SAFFY

TRISEN TECKRAJ

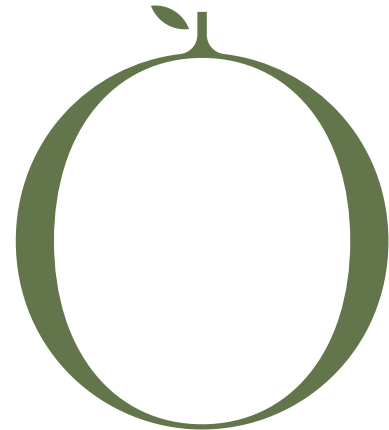
ADE KRISNA

ALLISON LO

DHEERAJ CHANGANI

STEVEN SIRAME

LAMA BAZZI





AMARANTH

Also known as Chinese spinach, amaranth leaves are vibrant green with red or purple streaks. They have a mild, earthy flavor reminiscent of spinach with a slightly peppery undertone.

HEALTH BENEFITS

- Rich in Vitamin A, supporting vision health
- Rich in folate, aiding in cell function and growth
- Excellent source of folate, crucial for cell function and growth
- Contains iron, aiding in oxygen transport throughout the body

RECIPES

- Stir-fry with garlic and soy sauce
- Salad with cherry tomatoes and balsamic vinaigrette
- Dal (Indian lentil soup)
- Wraps with grilled tofu and tahini sauce

CHINESE CABBAGE

Chinese cabbage, also known as Napa cabbage, has pale green elongated leaves with white veins and a crisp texture. It has a mild, slightly sweet flavor with a hint of peppery spice.

HEALTH BENEFITS

- High in Vitamin K, supporting bone health and blood clotting
- Rich in folate, aiding in cell function and growth
- Good source of fiber, aiding in digestion
- Contains antioxidants that may lower the risk of chronic diseases

RECIPES

- Stir-fry with ginger and garlic
- Kimchi (Korean fermented cabbage)
- Chinese cabbage and carrot slaw with sesame dressing
- Soup with tofu and shiitake mushrooms

FARMACY

At Moulin we believe
in harvesting health through
nutritional wisdom.

The idea that 'food is medicine',
highlights the transformative power of natural
ingredients and how this impacts our health and
wellness. Our gastronomical journey starts in
The Farmacy, our beloved garden
behind Moulin.

KALE

Kale leaves have a dark green, ruffled appearance with sturdy stems. They have a slightly bitter, earthy flavor and a chewy texture.

HEALTH BENEFITS

- High in Vitamin A, promoting vision health
- Rich in folate, aiding in cell function and growth
- Rich in Vitamin K, supporting bone health and blood clotting
- Contains antioxidants like beta-carotene and flavonoids, protecting against cell damage and inflammation

RECIPES

- Caesar salad with parmesan and lemon dressing
- Kale and white bean soup with Italian sausage
- Sautéed kale with garlic and chili flakes
- Kale pesto pasta with cherry tomatoes and pine nuts

ARUGULA

Also known as rocket, arugula has elongated, spiky leaves with a peppery, slightly bitter flavor. It has a deep green color and a delicate, tender texture.

HEALTH BENEFITS

- High in Vitamin K, supporting bone health and blood clotting
- Rich in folate, aiding in cell function and growth
- Contains antioxidants like beta-carotene and lutein, protecting against oxidative stress
- Low in calories but high in nutrients, making it a great addition to a balanced diet

RECIPES

- Arugula salad with balsamic vinaigrette, parmesan, and pine nuts
- Arugula pesto pizza with cherry tomatoes and mozzarella
- Arugula and watermelon salad with feta and mint
- Arugula and goats cheese stuffed chicken breast