



Valli
OPTICIANS

Professional eye care, locally

Valli Opticians have teamed up with a local award winning chef, Ashley Coley, also known as the Huddersfield Veg Man to bring you *A feast for your eyes*, a series of mouth-watering recipes that are great for eye-health.

Eating a healthy balanced diet contributes to your general well-being, and certain nutrients are particularly beneficial for your eyes. Get inspired, see recipe overleaf.

Remember, an eye test is essential to pick up eye or health problems early, so make sure to visit your local Valli Optician regularly. Visit valliopticians.co.uk to find your nearest branch or simply call **01484 533730** to make an appointment.

Keep well stocked, get beautiful fresh fruit and vegetables delivered direct to your door. To place your order, visit www.facebook.com/HuddersfieldVegMan, email Huddersfieldveg@yahoo.com or call **07865 295253**



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PAN SEARED SALMON FILLET, SWEET POTATO ROSTI, ROAST PEPPER AND LIME SAUCE.

INGREDIENTS

230g fresh salmon fillet
1 sweet potato
1 red pepper
1 red onion
1 chopped spring onion
1 fresh lime to squeeze
1 clove of fresh garlic
1 sprig of thyme
50g butter
3 tbsp of olive oil.

SAUCE

1. Heat oven 220c, cut the peppers and the onions into chunks, toss in the olive oil, garlic and thyme, then roast for 25 minutes until soft and slightly blackened. Add the freshly squeezed lime and zest.
2. Cool then blend or process until just chunky (if you like it a little smother just add the desired amount of water).

High in
Vitamins A, C &
E; antioxidants and
omega 3, which are
essential for good eye
health.

Helping to fight against
eye conditions such as
age-related macular
degeneration.

SWEET POTATO ROSTI

1. Grate sweet potato on the coarse side of the grater, place in clean towel and squeeze excess water out.
2. Heat the 50g of butter in a frying pan, add the potato and the chopped spring onion and cook on a low heat for five minutes.

Season to taste with salt and pepper.

3. Place the potato into a pastry cutter and press into shape, cook in oven for 20 mins until golden crispy.

While the sauce and the rosti is cooking...

Fry the salmon fillet on each side for 2 minutes, season with salt and pepper and place on a baking tray and cook for 15 minutes.

CHEF COLEYS TIP:

Place a damp cloth under your chopping board to keep it in place while chopping your ingredients.