



**Food  
of the  
Month**

MAY





*Feta cheese*

- **One of the benefits of cheese is that it is a high-protein non-meat foodstuff, making it a great addition to vegetarian diets.**

***And feta is packed with essential micronutrients. It is especially high in the mineral chloride, which the human body needs to produce hydrochloric acid in the stomach, allowing it to digest and break down food.***

*Feta also has the double bonus of being high in both phosphorus and calcium, the two minerals that make up the matrix of bones and teeth. Needless to say, both are essential for helping to keep teeth and bones strong and healthy.*

*Vitamin B12 is another micronutrient found in feta cheese, and one the body uses for many different functions. One of these is keeping its metabolic system healthy, without which we wouldn't be able to get the energy we need from the food we eat.*

*Feta contains goat's milk and a 200ml portion of goat's milk will provide protein, and also essential micronutrients such as calcium, phosphorus and chloride. Milk also has a high water content and helps to hydrate the body.*

***However, be careful as it is also higher in fat, which means that portion size needs to be controlled.***

# Health Benefits

# *Monkfish with spinach & feta*



## *INGREDIENTS:*

*1 TEASPOON CUMIN SEEDS*

*2 X 150 g MONKFISH FILLETS , FROM  
SUSTAINABLE SOURCES*

*2 SPRIGS OF FRESH THYME*

*OLIVE OIL*

*200 g SPINACH*

*50 g FETA CHEESE*

*½ a LEMON*

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# *Monkfish with spinach & feta*



## **METHOD:**

- 1. Crush and sprinkle the cumin seeds over the monkfish fillets. Pick the thyme leaves on top and season well.*
  - 2. Heat a little oil in a large frying pan over a medium heat, add the fish and fry for 3 to 4 minutes on each side, or until coloured and cooked.*
  - 3. Bring a large pan of salted water to the boil and blanch the spinach for about 3 minutes. Drain and drizzle with oil.*
  - 4. Serve with the monkfish, sprinkled with the feta and a good squeeze of lemon juice.*
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# References

*Slide 1 – "Woman With Fruit Hat" Image courtesy of [africa] / FreeDigitalPhotos.net*

*Slide 2 – Photo courtesy of <https://pixabay.com/en/spring-may-nature-bush-bloom-1365613/>*

*Slide 3 – Feta cheese photos courtesy of <https://pixabay.com/en/feta-feta-cheese-olive-oil-cheese-1464873/>*

*Slide 4 – Health Benefits info. courtesy of <http://www.jamieoliver.com/news-and-features/features/how-cheese-can-be-healthy/>*

*Slides 5-6 – Recipes and photos courtesy of <http://www.jamieoliver.com/recipes/fish-recipes/monkfish-with-spinach-feta/>*

إن شاء الله

