



Future 50 Foods Recipe – Prickly Pear (Nopale)

Hang-Over Oats with Prickly Pear and Blackberry Compote.
Prep time - 30mins.

1 cup prepared, sliced Prickly Pear paddles (leaves)

You will probably need to go foraging at local Mexican grocery store.

Click on link for instructions on preparing fresh P.P paddles:

<https://40aprons.com/how-to-cook-nopales-cactus/>

2 teaspoons Olive Oil

1 tablespoon Sea Salt

2 cups Walnut Milk

1 cup Rolled Oats

2 tablespoon fresh, chopped parsley

Juice from squeezed ½ lemon

Zest of half lemon

1 tablespoon fresh, grated ginger

Blackberry Compote

¼ cup fresh blackberries

¼ teaspoon raw cane sugar

Juice from squeezed ½ lemon

1 tablespoon filtered water

In medium skillet, heat olive oil to medium heat. Add prickly pear strips. Add Sea Salt. Toss & Sauté on medium heat for 2 mins. Reduce heat and cover for 20mins. Add Walnut Milk, parsley, lemon juice, zest and ginger. Stir. Bring to boil. Add oats, reduce heat and cover, stirring occasionally. Cook until most of the liquid is absorbed (about 15mins).

Blackberry Compote

In Microwave, glass steam bowl, add blackberries, lemon juice, zest, sugar & water. Microwave for 3 mins. Stir. Microwave 1-2mins. Until have jam like blackberry compote.

If you don't have microwave, make in small saucepan on stove top. Bring contents to a boil, then simmer for about 15mins until jam like consistency. May want to start prior to making oats.

Add oatmeal to bowl and top with black berry compote, handful fresh blackberries and parsley leaves.

Serves 2