



LUXURY OF FREEDOM

Benefits of Goji berry



Goji berries are one of the best anti-aging secrets in Asia for centuries, and BIG BERRY we count with fresh ones from our plantation.

Anti-aging food

Goji have high quantities of polyphenols, carotenoids, polysaccharides and trace elements that slow cellular aging. They improve our resistance to oxidative stress, one of the biggest causes for aging.

Keep your good mood

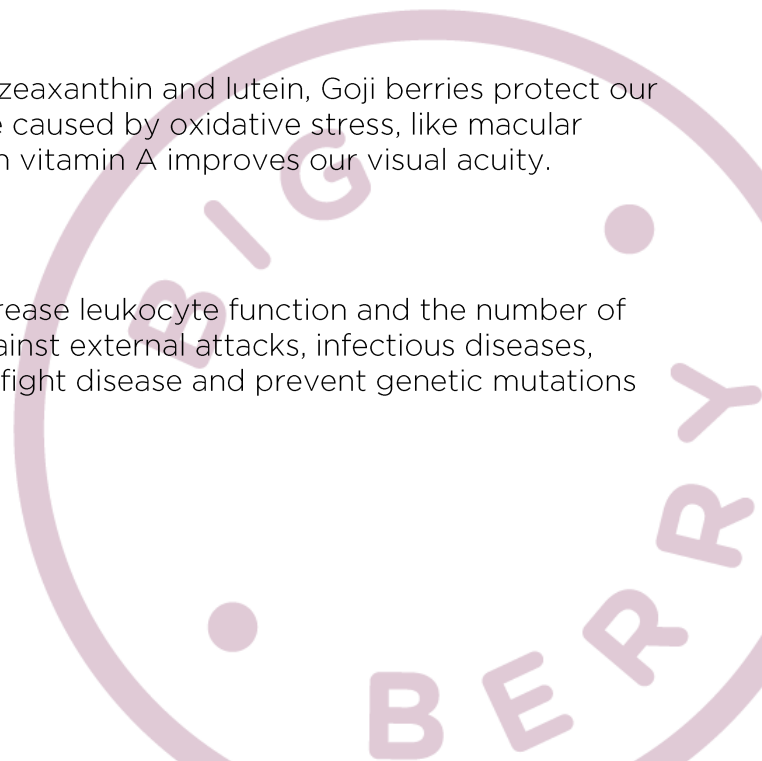
Goji contains vitamin B, that is very important for your brain and also thiamin and niacin, that play a nourishing role in the nervous system and directly influence on the mood.

Good for your eyes

Because of the content of antioxidants, especially zeaxanthin and lutein, Goji berries protect our eyes from ultraviolet rays and prevent the damage caused by oxidative stress, like macular degeneration and cataracts. Plus, its rich content in vitamin A improves our visual acuity.

Keep your immune system strong

Goji berries contain zinc, a mineral that help to increase leukocyte function and the number of white cells, responsible for defending the body against external attacks, infectious diseases, poisoning... Also the vitamin C and carotenes help fight disease and prevent genetic mutations that destroy the immune system.





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Below we introduce an ultimate recipe for brain health, packed with brain-boosting nutrients like cinnamon, almonds and especially goji berries.

Ingredient:

- 200g diced skinless turkey thigh
- 85g wholegrain basmati rice
- 1 tbsp dried goji berries
- 100g baby spinach leaves
- 3 celery sticks, finely chopped
- 1 tbsp fresh thyme leaves
- 1 medium onion, halved and very thinly sliced
- 2 large garlic cloves
- generous pinch of saffron
- 3 tsp rapeseed oil
- ½ tsp ground cinnamon
- 1 tsp vegetable bouillon
- 25g flaked almonds

Step 1: Finely chop the garlic and set aside to activate (see tip). Meanwhile, pour 2 tbsp boiling water over the saffron and set aside to infuse. Heat 2 tsp of the oil in a large, non-stick sauté pan with a lid, then add the turkey and fry for 5 mins, stirring frequently, until it starts to brown.

Step 2: Stir the rice and cinnamon into the pan, then pour in 400ml boiling water and the bouillon, and stir well. Add the celery, thyme, goji berries and lots of ground black pepper. Cover the pan tightly to prevent steam escaping, and cook over a low heat for 20 mins.

Step 3: Heat the remaining oil in a non-stick pan and add the onion. When it starts to soften, cover the pan for 5 mins to steam it a little more. Take off the lid and slowly fry for 12-15 mins until golden, stirring frequently.

Step 4: After the rice has cooked for 20 mins, check the water level – if the rice is still too nutty and the liquid has all been absorbed, add up to 100ml more water. Stir in the saffron, cover again, and cook for 5-10 mins until the rice is tender.

Step 5: Add the garlic and spinach, cook briefly to wilt the leaves, then turn off the heat. Toss through the fried onions and almonds. Cover the pan and leave to rest for 5 mins before serving.

