

BRUNCH5km

Fitness and food for health | Session 2: HEART & BLOOD VESSELS

What's in your box today?

BEETROOT CURRY

ROASTED FENNEL AND LEMON SALAD WITH TURMERIC WALNUTS

Key nutrients: B-vitamins, curcumin, folate, fibre, magnesium, manganese, omega-3 fatty acids, potassium.

ROASTED FENNEL AND LEMON SALAD WITH TURMERIC WALNUTS

Serves 4 | preparation 15 mins

1 hour cooking

50g of honey
Pinch of chilli flakes
1/4 tsp sea salt
1/2 tsp ground turmeric
100g raw walnuts, halved
2 lemons
4 medium fennel bulbs
2 tbsp olive oil
1 cup baby spinach leaves
Small bunch of tarragon leaves
Squeeze of lemon, lemon rind & grated turmeric root for serving

Preheat the oven to 190C / gas mark 5. Line two baking trays with greaseproof paper.

Soften the honey in a bowl and mix together with the crushed chilli flakes, turmeric, a pinch of salt and a splash of water to help loosen it. Stir in the walnuts until they are well coated, then spread them out on one of the lined baking trays. Roast for 15 minutes or until bronzed and crunchy but a little sticky. Leave to cool.

Increase the oven temperature to 220C / gas mark 7.

Half the lemons lengthways, remove pips and cut widthways into 2mm slices. Bring a small saucepan of water to the boil, then add the lemon slices and blanch for 2 minutes. Drain well.

Cut the fennel into lengthways wedges, add to a bowl and combine with the lemon slices, olive oil and a little salt, and toss gently. Place the mixture on the prepared baking tray and roast in the oven for 20-25 minutes or until the lemons have dried out and started to brown on the edges and the fennel is just cooked (but not mushy). Allow to cool.

Toss the spinach and tarragon through the lemon and fennel pieces and serve scattered with the sticky turmeric walnuts.

Recipe variations: add fresh pears, add blue cheese, try some different types of nuts such as almonds and pistachio.

BEETROOT CURRY

Serves 4 | preparation 10 mins

20 mins cooking

3 large beetroot
2 tbsp sunflower oil
1/2 tsp cumin seeds
1/2 tsp mustard seeds
1 onion, sliced thinly lengthways
2 cloves of garlic, crushed
1 red or green chilli, chopped
10 curry leaves
salt & pepper
1 tbsp gram flour
Pinch of turmeric

Peel and coarsely grate the beetroot.

Heat the oil in a large frying pan and cook the mustard and cumin seeds over a medium heat for a few minutes, or until they start to pop.

CARDIO SMOOTHIE

Add the following to your nutri-bullet/ food processor & blend

Handful of frozen summer berries
Half a cup of yoghurt

Exercise for the week

Try to complete today's exercise routine at least once, ideally twice, during the week: 5 minute warm up walk, 5 minute stretches, run 4 minutes, walk 4 minutes (repeat 4 times), 5 minute cool down walk & stretches (breathing, opening up the diaphragm, heel & toe raises, squats & lunges). If you feel that you'd like to run longer add 30 seconds to each running stint.

Notes or thoughts from today's session

Quickly add the onion, garlic, chillies and curry leaves and season well with salt.

Cook for 2 minutes, then stir in the grated beetroot and cook for a further 10 minutes over a medium heat.

Sprinkle over the gram flour, turmeric and 2 tablespoons of water. Stir well, then cover the pan and simmer over a low heat for 5 minutes.

Season and serve.

Recipe variations: serve with creme fraiche or goat's cheese, garnish with roasted flaked almonds, add grated fennel with the beetroot.

CIRCULATORY TEA

Fresh ginger

