

BRUNCH5km

Fitness and food for health | Session 3: Digestive system

What's in your box today?

MARINATED TEMPEH AND PICKLED VEGETABLE SALAD SERVED ON A BED OF PEPPERY LEAVES WITH PEARL BARLEY

Key nutrients: probiotics (good bacteria), prebiotics (the stuff good bacteria feed on), fibre, volatile oils.

MARINATED TEMPEH

Serves 4 | preparation 10 mins + 4-6 hours marinating time
20 mins cooking

1 block of tempeh (available from most health food shops), cut into ½cm strips
2 cm piece of ginger, finely grated
4 cloves of garlic, finely chopped
4 tbsp tamari / soya sauce
½ tbsp maple syrup or honey
1 tbsp vinegar (apple cider vinegar, red, white or balsamic)
2 tbsp olive oil
2 tsp smoked paprika (optional)

Add all ingredients together and mix well to ensure that maple syrup/honey is completely dissolved.

Add tempeh strips and marinate overnight (or at least 4-6 hours).

Grease baking tray with olive oil and bake marinated tempeh strips at 180C for 20 minutes (turning over after 10 minutes) or grill for 10-15 minutes (turning once). Don't throw away marinade – see pearl barley below. Cool and cut into smaller pieces (½cm x 1cm).

PICKLED SALAD

Best made in advance
Serves 4 | preparation 15 mins

150ml water
100ml + 250ml apple cider vinegar
1 red pepper
1 orange/yellow pepper
1 onion
¼ red cabbage
¼ cauliflower (florets only)
1-2 carrots (depending on size)
2 cloves of garlic, sliced
1 tsp coriander seeds
1 tsp mustard seeds
1 tsp pepper corns
1 star anise

Slice all the vegetables (different shapes add more texture).

Bring water and 100ml of the apple cider vinegar to a boil. Add vegetables and spices, and turn down to a simmer for 3-4 minutes. Remove from heat and cool.

When cooled to room temperature, add remaining 250ml apple cider vinegar and store in sterilised mason jar.

Don't be tempted to add all the vinegar to the saucepan – the heat will kill the probiotics.

PEARL BARLEY

Serves 4 | 1hr cooking

200g pearl barley
Leftover marinade from tempeh

Cook pearl barley according to instructions. Drain and rinse. In a hot pan, add pearl barley and leftover tempeh marinade and stir-fry for 2 minutes - add a dash more soya sauce if required.

SPRING MISO SOUP

Serves 4 | preparation 5 mins
5 mins cooking

800ml boiling water
3 tsp veg bouillon powder
2 tbsp white or red miso paste
1 tbsp mirin
1 tbsp soy sauce
200g tofu, cubed
6-8 spring onions

Bring water to the boil in a saucepan and add bouillon. Reduce heat to a simmer.

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 7 minutes, walk 3 minutes (repeat 3 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 a minute to the running time or reduce the walking time by one minute.

Notes or thoughts from today's session

Bringing it all together...

200g green peppery leaves – a mix of rocket, watercress, spinach (and wild garlic when in season)
Cooled, baked tempeh
Cooled stir-fried pearl barley
Pickled vegetables

Arrange a bed of leaves and top with tempeh, pickled vegetables and pearly barley.

Dilute miso paste in a little hot water (a ladle of bouillon mix may be used) and stir until smooth. Add to the bouillon and continue to stir for another minute, ensuring that broth remains smooth. Add mirin, soy sauce and diced tofu and heat through gently. Add spring onion and serve immediately.

TEA

Fresh lemon balm - nervous system
Mint & fennel - digestive gas

