

BRUNCH5km

Fitness and food for health | Session 4: BONES & JOINTS

What's in your box today?

MIXED SEAWEED SALAD WITH DULSE BACON & PAN-ROASTED EDAMAME BEANS WITH A GINGER & WILD GARLIC DRESSING TOPPED WITH SWEET POTATO CHIPS, TOASTED HEMP & SESAME SEEDS

Key nutrients: Omega-3 essential fatty acids, fucoidans, protein, calcium, magnesium, vitamins A, C & B complex

SEAWEED SALAD WITH DULSE BACON & PAN-ROASTED EDAMAME BEANS

Serves 4 | preparation 15 mins

20 mins cooking

125g fresh wakame

125g fresh kombu

125g fresh dulse

200g baby spinach/pak choi

1 sweet potato, thinly sliced

1/2 small cucumber, thinly sliced

1/2 cup edamame beans (fresh or thawed if frozen)

2 tbsp olive oil

Freshly ground black pepper

A sprinkle of chilli and paprika (optional)

1 tbsp hemp seeds

1 tbsp sesame seeds

500ml sunflower oil (for frying)

GINGER & WILD GARLIC DRESSING

Blend together

1/2 tsp freshly grated ginger

1/2 cup wild garlic

1 lemon juiced

4 tsp olive oil

INSTRUCTIONS

Salad

Soak the fresh wakame and kombu in cold water for 5 minutes, rinse thoroughly and dry. Rinse and dry spinach/pak choi.

Roasted edamame beans

Place the fresh/thawed edamame into a mixing bowl, drizzle with the olive oil and sprinkle with pepper, chilli and paprika. Coat well. Pan-roast for 5-10 minutes until the beans begin to brown. Cool and set aside. (The beans can also be oven roasted for 10 - 15 minutes at 190C.)

Toasted hemp & sesame seeds

In a pan (or oven), lightly dry-fry (or bake) the seeds for 3-5 minutes until they start to brown. Cool and set aside.

Dulse bacon

Rinse and dry the dulse thoroughly. Bring oil to a medium-hot heat and place in the oil, one or two pieces at a time. Fry for a few seconds (until crisp), remove and drain oil on kitchen towel. (Note: it fries very quickly – so take care!)

Sweet potato chips

In the same oil, add thinly sliced sweet potatoes and fry until golden. Cool and set aside.

Bringing it all together...

Combine wakame, kombu, spinach/pak choi, cucumber, roasted edamame and sweet potato chips to a mixing bowl. Toss lightly and add to serving bowl. Top with dulse, toasted seeds and dressing just before serving.

A NOTE ON SEAWEEDS

We buy our fresh seaweeds from www.funkyraw.co.uk

Sea vegetables are full of nutrients.

Coming in a multitude of colours, textures, shapes and sizes, all types contain a rich supply of minerals, most prominently calcium, copper, iodine and iron. They are also rich in protein, fibre and vitamins, specifically vitamin K and folic acid, while being low in calories and fat.

Such high concentration of certain nutrients may be problematic for some people, for example, the iodine content makes it especially beneficial for thyroid health, but consuming too much iodine can have the opposite effect.

TEAS & HERBS

Fresh nettle tea

Analgesic for joint pain and excellent diuretic for swollen joints.

Fresh ginger tea

Warming circulatory stimulant, excellent for reducing inflammation.

Apium graveolens tincture

Contains over 25 anti-inflammatory compounds.

When sourcing or buying seaweed, choose certified organic brands where possible. Seaweeds will absorb the properties of the water in which they are grown, so you want to ensure that they have been grown and harvested in unpolluted waters that are pure, and free from harmful chemicals.

Salix alba & *Cimicifuga racemosa* tincture

Both contain salicylic acid which is analgesic and anti-inflammatory (similar molecular structure to aspirin).

Harpagophytum procubens tincture

Inhibits the production of arachidonic acid, a pro-inflammatory compound in the body.

Exercise for the week

Try to complete today's exercise routine at least once, ideally twice, during the week: 5 minute warm up walk, run 10 minutes, walk 2 minutes (repeat 2 times), run 5 minutes, 5 minute cool down walk & stretches. If you feel that you'd like to run longer add 30 seconds to each running stint.

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