

NO ARTIFICIAL COLOURS
AND FLAVOURS.
GLUTEN FREE

HIGH IN
OMEGA 3



#LiveMoreLife

21 DAY STRONG HEART challenge

Week 3

WELCOME TO THE THIRD WEEK
OF THE #LIVEMORELIFE 21 DAY
STRONG HEART CHALLENGE

Why heart healthy, you may ask? Well when you experience the benefits of a heart healthy diet, that's when the adventure truly begins. More energy means more drive to explore the beautiful world around you. Plus, when combined with an active lifestyle, you can lower your blood pressure and you're able to manage your cholesterol levels. So why wait? Start your heart healthy journey today. Visit our website for all the recipes you need to make a healthy change.



GOOD FOR YOUR HEART HEALTH... NATURALLY



DINNER RECIPE 2

Flora Glazed Fish

DINNER DONE RIGHT

.Where's all the seafood lovers? We've got the perfect recipe for you - our second dinner recipe of the week is our Flora Glazed Fish - perfect for hosting dinner parties and get togethers. The full recipe is full stream ahead, just keep reading...



Sweet and tangy fish with a warm courgette and carrot ribbon salad with toasted almonds

Makes: 4 servings

INGREDIENTS

- 125ml (1/2 cup) almond flakes, toasted and set aside
- 45ml (3 TBSP) Flora
- 3 large fillets or 4 pieces of fish, seasoned with salt and pepper
- Grated zest and juice of 1 orange
- 45ml (3 TBSP) sweet chilli sauce
- 45ml (3 TBSP) soya sauce
- 5ml (1 tsp) onion seeds
- 30ml (2 TBSP) Flora
- 500g courgette, shaved with a potato peeler along the length to make ribbons
- 4 medium carrots, peeled and shaved with a potato peeler along the length to make ribbons
- 100g baby corn halved
- Lemons quartered for serving

INSTRUCTIONS

Toast the almonds at 180C until golden.

Heat the flora in a pan and pan fry the seasoned fish until done. Place on an oven tray and set aside. In the same pan, add the orange zest and juice to the left over flora with the sweet chilli sauce and soya sauce and simmer until sticky.

Spoon half of the sauce as a glaze over the fish, sprinkle with onion seeds, and bake in the oven for 10 - 15 minutes or until done.

In the meantime, add an additional 30ml Flora to the pan, add the carrot ribbons and corn halves and pan fry until just soft.

Add the courgette ribbons, and toss until coated in the glaze/ dressing.

Spoon the warm salad onto a platter and sprinkle with the toasted almonds.

Top with the glazed fish and place lemon wedges on the side.



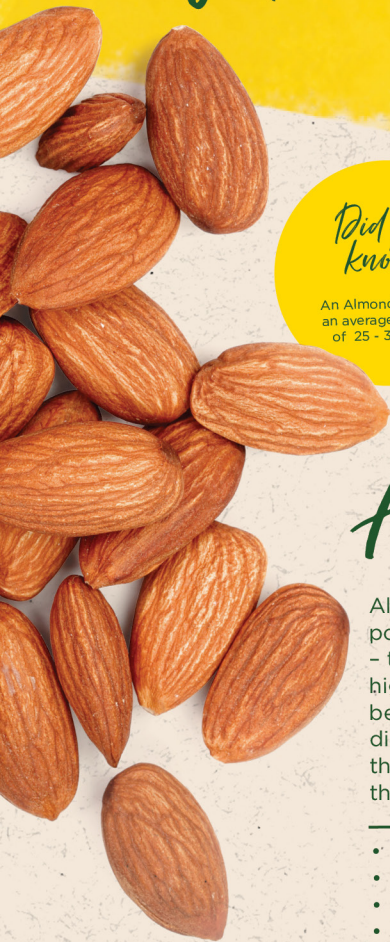
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DINNER RECIPE 2

Discover the power of the ingredients.

Let's be honest, you're thinking about dinner way before you sit down and dig in, right? There's nothing better than looking forward to a delicious dinner after a long day. Word to the seafood lovers, you're in for a treat. But we've also included a plant-powered veg option. Enjoy and follow us on social media to let us know how you go.



Did you know?

An Almond Tree has an average life span of 25 - 30 years.

Almonds

Almonds are high on the seed popularity list and for good reason - they're healthy, delicious and highly versatile. Although these little beacons of goodness were originally discovered in the Middle East - they're found in abundance around the world.

- Nutrient rich
- High in fiber
- Healthy dose of protein
- High in energy



Did you know?

Lemon peels are used in the treatment and prevention of cancer



Grated Zest

It's always a good idea to bulk up on zest when you're down with the flu, since it's so rich in vitamin C and other immune boosting vitamins.

- Increase bone health
- Increase oral health
- Promote healthy weight loss
- Promotes cholesterol loss

Onion seeds

Local to south and South-West Asia, this amazing ingredient is versatile and by that we mean you can blend it with fries, blend it with lemon, cilantro and tahini and baked goods, sprinkle them on salads or even add them to your team or coffee.

- Packed with antioxidants
- May help lower cholesterol
- Helps kill bacteria
- Helps alleviate inflammation



Did you know?

Onions are a biennial plant, meaning they can only be harvested once every 2 years.



DINNER RECIPE 1

Flora Veg Tagine

YOUR NEW FAVOURITE DINNER RECIPE.

If you're looking for heart healthy dinner inspiration, you've come to the right place because we've got recipes for days! This week, the first dinner recipe is our Flora Veg Tagine. Keep reading for the full recipe... you're welcome.

INGREDIENTS

- 45ml (3 TBSP) Flora
 - 1 red onion, cubed
 - 2 cloves garlic, chopped
 - 3 carrots, peeled and sliced at an angle
 - 1 large green pepper, cubed
 - 2.5ml (1/2 tsp) red chilli flakes
 - 10ml (2 tsp) mixed coriander and cumin powder
 - 2.5ml (1/2 tsp) turmeric
 - 700g chunkily cubed butternut
 - 150g cherry tomatoes
 - Salt and pepper to taste
 - 500ml (2 cups) vegetable stock
 - 30ml (2 TBSP) chopped apricots
 - 200g green beans, halved
 - 45ml (3 TBSP) chopped parsley
- CousCous**
- 500ml (2 cups) cous cous
 - 500ml (2 cups) boiling water
 - 30ml (2 TBSP) Flora
 - Salt and pepper to taste
 - 125ml (1/2 cup) toasted pecan nuts, chopped
 - 125ml (1/2 cup) chopped spring onions
 - 1 tin chickpeas, drained

INSTRUCTIONS

Tagine:

Heat the Flora in a pot and add the onion and garlic and fry until soft.

Add the carrots, green pepper and spices and fry for a minute.

Add all the remaining tagine ingredients, except the green beans and parsley, turn the heat to medium, cover and simmer until the butternut is cooked.

Stir in the green beans and chopped parsley and turn off the heat.

Couscous:

Place the couscous, Flora and salt and pepper in a bowl and add the boiling water, stirring until the flora is dissolved.

Cover and leave for 2 minutes.



Vegetable Tagine with pecan, spring onion and chickpea couscous

Makes: 4 servings

Fluff up the couscous with a fork and stir in the toasted chopped nuts, spring onions and chickpeas.

Serve with the tagine.



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DINNER RECIPE 1

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Did you know?

Two of the most powerful antioxidants for the body are beta-carotene and vitamin C, and parsley has high levels of both.

Parsley

When you unlock the plant power of parsley, it's easy to see why we keep coming back to this wonderful ingredient. Eating Parsley can help protect your body from harmful molecules called free radicals. So if there's a plant you want in your arsenal, this is the one.

- **Boosts immune system**
- **Supports bone health**
- **Rich in antioxidants**
- **Rich in vitamins & minerals**

Couscous

The food so nice, they named it twice! And yes that means this amazing ingredient comes packed with a host of nutritional benefits. Not technically a grain, this combination of semolina wheat and water is actually more like a pasta. There are several types of couscous, including: The Large Israeli Couscous (aka pearly couscous) and the Small Moroccan Couscous.

- **High in fiber**
- **May help lower cancer risk**
- **Boosts the immune system**
- **High in plant-based**



Did you know?

Moroccan couscous is the tiniest and most readily available version of the super-ingredient.



Did you know?

The red onion is one of the lesser-known superfoods and often doesn't get the credit it deserves as they can help the liver rid the body of harmful toxins.

Red Onion

Just like you different strokes for different folks – well the same can be said for vegetables. Onions are members of the Allium genus of flowering plants that also includes garlic, leeks and chives, among others. These little pockets of goodness are packed with nutrients and can be easily added to a host of dishes.

- **Low in calories**
- **Rich in vitamins & minerals**
- **Rich in powerful antioxidants**
- **Great source of potassium**



CULTIVATE A HEALTHY HEART AND

Win

WE'VE TEAMED UP WITH PICK N PAY
THIS HEART HEALTH AWARENESS
MONTH TO GIVE YOU THE TOOLS YOU
NEED TO START YOUR HEART HEALTH
JOURNEY. SIMPLY TRY ANY OF OUR
RECIPES AT HOME, SNAP A PIC AND
POST IT ON SOCIAL MEDIA AND YOU
COULD **WIN A STRONG HEART MEAL
BASKET** WITH ALL THE INGREDIENTS
YOU NEED TO START YOUR JOURNEY.

