



Heather Smith

07967 995416

[heather@fitbiztraining.co.uk](mailto:heather@fitbiztraining.co.uk)

## Recipe of The Month March 2016

I'm finding the research on the microbiome just fascinating. Who would have thought that our entire health and survival depends on the health of the microbes living in our guts... And that they outnumber our cells 10 to 1. It explains why everything starts with getting your gut healthy, healthy gut = healthy body, simple as that.

The amount, type and diversity of bacteria in our guts varies depending on the obvious things like our diet and lifestyle, as well as things like who we spend time with, the pets we keep at home, where we live (urban vs rural), where in the world we live - and a whole load of other things we haven't learnt yet!



With that in mind, here are my top tips for increasing the number and variety of your gut bacteria:

Eat LOADS of veg. Especially fibrous veg, which your microbes love. Use as much of the stalks and leaves / dark bits as possible (the bits you often throw away) - make them into soup if you don't fancy them otherwise :-)

Have onions, leeks and/or garlic every day

Eat full fat live yoghurt and beans too

Don't be afraid of a little dirt. I don't mean forget about cleaning and washing, just don't go nuts sanitising everything all the time. A little challenge to your immune system here and there is a good thing.

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**What I'm Cooking: Fish & Lentil Stew**

Here is a lovely recipe, full of all the good things and really yummy too.

Prep: 10 mins

Cook: 30 mins

### Ingredients

- Butter
- 1 big / 2 small leeks
- Teaspoon fennel seeds
- 2 cloves garlic, chopped
- Chorizo sausage, 10-12 slices
- 1 tin tomatoes
- 150ml fish Stock
- 100g lentils
- 1 large skinned fish fillet (I used salmon, but I think you could use anything, prawns would be great too)

### Method

1. Slice the leeks and sweat in some butter with the fennel seeds and garlic until soft
2. Separately, fry the chorizo and set aside
3. Add the tin of tomatoes and fish stock, then the lentils, and cook for about 20-25 minutes until the lentils are ready
4. Add the chorizo and the fish, letting the fish break up as it cooks, then serve.

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Until next time, enjoy staying healthy!

Best wishes,

