

Drop in with **Dirk**



Dirk Lakeman

**COMMUNITY
NETWORK**

A Colourful, Healthy Brunch

Start your day with this colourful and quick nutrient-rich brunch packed with vibrant vegetables, wholesome sourdough and flavourful natural ingredients. Combining the warmth of turmeric, ginger and garlic with fresh salad toppings, this nourishing dish delivers a delicious balance of texture, taste and goodness to support a healthy and energised morning.

- Start with a slice of toasted rye and spelt sourdough bread, lightly dressed with balsamic vinegar and a drizzle of olive oil.
- Prepare a two-egg frittata or open omelette seasoned with sea salt, freshly ground black pepper, and mixed herbs. Fold through sautéed cauliflower, onion, carrot, ginger, garlic and blended turmeric for a vibrant, flavour-packed filling.
- Place the open omelette on top of the sourdough and garnish with fresh watercress, sliced tomatoes and homemade red cabbage sauerkraut.
- Finish with an extra drizzle of balsamic vinegar and olive oil, then season with salt and black pepper to taste.



**HEALTHY
EATING**

Do you know the benefits of black pepper?

Black pepper is more than just a seasoning, it contains a natural compound called piperine, which may help support digestion, improve nutrient absorption and provide antioxidant benefits. It is especially beneficial when paired with turmeric, as it can enhance the body's ability to absorb curcumin, the active compound in turmeric. Adding black pepper to meals is a simple way to boost both flavour and nutritional value.

