



FITNESSNRG^{PT}

19th OCTOBER 2015



FITNESSNRG TEAM AT TOUGH MUDDER SAT 17TH OCT 2015

On Saturday the FitnessNRG Team took off to the Tough Mudder event in Broadford. We had the most amazing day. Thanks to Chris, Craig, Andrea, Mick, Allanna, Bruce, Woz, Jenny, Jack and myself haha.

We conquered the course helping each other over muddy embankments, crawling through barbed wire muddy trails, jumping from a height into a deep mud pool, crawling through tunnels of tear gas, climbing ropes, running through 10,000 volts only to be zapped, which threw us straight to the ground, jumping into an ice bath and the hills that never seemed to end. And that's not all. There were LOTS of other obstacles along the way which we took on and are a distant memory now. We were challenged physically and emotionally.

Existing injuries started to present throughout the course, cramping, laughter and bonding. We should all be proud of our achievement. And I won't lie... "It WAS challenging at times" It was an extraordinary day which we will take away and be proud of what we accomplished.

Thanks to Gavin Connelly for his amazing photos. You can check out the pics on <https://www.facebook.com/FitnessNRG-Personal-Training-306117296199477/>

XMAS PARTY SAT 12TH DEC 7PM

BUY YOUR OUTFIT FROM THE SALVOS OP SHOP TO HELP RAISE MONEY FOR THEIR CHARITY THIS XMAS. BRING YOUR RECEIPT TO TRAINING SO WE CAN ADD UP TOTAL AMOUNT SPENT.



Skinny carbonara Smoky bacon, peas, almonds & basil

Recipe by Jamie Oliver

“Thanks Chris Stone for this great pasta dish”

“Humble little peas are a source of nine different micronutrients, and are especially high in thiamin, a B vitamin that helps our hearts to function properly ”

Serves 2

Cooks In 20 minutes

Difficulty Super easy

Nutrition per serving

- Calories 493
- Fat 16.4g
- Saturates 5.2g
- Protein 27g
- Carbs 63.6g
- Sugar 9.2g
- Salt 1.3g
- Fibre 11.5g

Ingredients

- 200 g freshly podded or frozen peas
- 1 tablespoon flaked almonds
- 1 small clove of garlic
- ½ a bunch of fresh basil , (15g)
- 15 g Parmesan cheese
- 1 lemon
- 150 g wholewheat spaghetti
- 1 rasher of higher-welfare smoked streaky bacon
- olive oil
- 1 large free-range egg
- 100 g fat-free natural yoghurt

Method

Put a pan of boiling salted water on the heat for your pasta, dunk a sieve containing the peas into the water for just 30 seconds, then put aside, leaving the pan on the heat. Very lightly toast the almonds in a dry non-stick frying pan on a medium heat, then blitz until fine in a food processor. With the processor still running, peel and drop in the garlic, a pinch of sea salt, the basil leaves, the finely grated Parmesan and the lemon juice. Blitz until it comes together, then pulse in the peas, to try and keep a bit of texture.

Cook the pasta in the boiling salted water according to the packet instructions. Meanwhile, very finely slice the bacon and fry slowly in the frying pan with 1 teaspoon of oil on a medium-low heat until golden and crispy, then use a slotted spoon to transfer to kitchen paper, so the flavoursome fat stays in the pan. Scoop in three-quarters of your pea mixture to heat through.

Whisk the egg and yoghurt together well. When the pasta's done, reserving a mugful of cooking water, drain the pasta and toss straight into the pea pan, mixing well, then take the pan off the heat (this is very important, otherwise the egg will scramble when you add it, and we don't want that). Pour in the egg mixture and toss until evenly coated, silky and creamy, loosening with cooking water if needed. Taste and season to perfection, and serve topped with the remaining pea mixture and the crispy bacon. It might be skinny, but it's beautifully light and delicious. Enjoy!

