

“Beats & Bites”: A Heart-Healthy Recipe Book for Atrial Fibrillation

Diet is key to managing atrial fibrillation and overall heart health. A healthy diet and regular exercise can improve heart health, while understanding food choices and triggers can help those with AF regain control and confidence.¹

To help individuals make heart-conscious choices, Daiichi Sankyo Europe collaborated with a renowned Italian chef to create heart-safe, easy-to-make recipes. These recipes emphasise low salt and cholesterol, incorporating fresh vegetables, whole grains, and lean proteins. With simple and nutritious cooking methods, these meals support heart health without sacrificing taste, empowering individuals to make healthier dietary choices.

Curated by chef Ruben Bondi, you will find two three-course menus of simple yet flavourful dishes in the following pages.



Disclaimer

Please note that the images accompanying the recipes in this document are generated using artificial intelligence. While we strive for accuracy and realism, these images may not perfectly represent the actual appearance of the dishes. We recommend using them as visual guides rather than exact representations. They are intended for illustrative purposes only.

References

1. British Heart Foundation. "Living with Atrial Fibrillation." Heart Matters Magazine. Available at: www.bhf.org.uk/informationsupport/heart-matters-magazine/medical/living-with-atrial-fibrillation. Last accessed February 2025.

Seabass crudo with apple, artichokes in a sesame dressing

Starter



Ingredients (Serves 2)

- 200g seabass fillet
- 1 artichoke
- 1 Granny Smith apple
- 40g tahini sauce
- 2 lemons
- Extra virgin olive oil
- Salt

Preparation

Start by preparing the fish. Place the seabass fillet on a cutting board, remove the skin and any bones with tweezers, then cut it into fairly small cubes. Transfer the seabass tartare into a bowl and add the zest of $\frac{1}{2}$ a lemon.

In another bowl, combine the tahini, water, the juice of $\frac{1}{2}$ a lemon, and a drizzle of extra virgin olive oil. Whisk until you obtain a smooth, silky sauce. It shouldn't be too thick—if needed, add a little more water. Once you reach the desired consistency, adjust the seasoning with salt and transfer the sauce into a squeeze bottle.

Now, move on to the artichoke: clean it well by removing the outer leaves and the entire stem. Cut the artichoke in half, remove any internal fuzz, and slice it as finely as possible. Immediately transfer the slices into a bowl filled with water and lemon juice to prevent oxidation.

Take a couple of slices from the apple and cut them into cubes similar in size to the seabass, then add them to the tartare.

Add the well-drained artichokes, a pinch of salt, and a few drops of lemon juice. Mix everything well.

To serve, place the tartare on the left side of the plate, forming a curve. Finish with a few drops of sesame sauce.

Roasted Salmon with Courgette Purée and Roman Puntarelle Salad

Main Course



Ingredients (Serves 2)

- 500g salmon fillet
- 5 courgettes
- 2 garlic cloves
- 200g puntarelle
- 1 lemon
- 30g anchovies
- 30ml apple vinegar
- Basil
- Mint
- Extra virgin olive oil
- Ground pepper
- Salt

Preparation

Start with the courgette purée: slice only the green part of the courgettes finely, then quickly sauté them in a pan with oil and garlic.

Add enough water to cover them and cook for 10 minutes. In the last minute, add the basil leaves, then blend everything until you obtain a smooth purée.

For the final decoration, finely slice a courgette using a mandolin and season it with oil, lemon, and salt.

Now, prepare the puntarelle: finely slice them and let them rest in ice water for 10 minutes to make them extra crunchy.

For the vinaigrette, finely chop a clove of garlic and the anchovies, add the vinegar and oil, then emulsify everything. Season only before plating to maintain the crunch.

Cut the salmon into two 250g slices, keeping the skin on. Cook it in a pan with a drizzle of oil, starting with the skin side down for 3 minutes, then flip and cook the flesh side for 1 minute.

To serve, spread the courgette purée as a base, place the salmon on top, then add the puntarelle and raw courgettes. Finish with fresh basil and mint leaves.

Pineapple and Basil Sorbet

Dessert

Preparation

Start by making the syrup: heat the water and sugar in a saucepan and cook for 5 minutes, then let it cool.

Cut the pineapple flesh into cubes and place them in a blender. Add the basil and the cooled syrup, then blend until smooth.

Transfer the mixture to a stainless steel container and place it in the freezer. Every 30 minutes, stir with a spoon to break up the ice crystals. After 4 hours, the sorbet will be ready.

Before serving, take it out of the freezer 30 minutes in advance to soften slightly.

Ingredients (Serves 2)

- 400g pineapple
- 40g basil leaves
- 200ml water
- 100g sugar



Orange, ginger and squash soup with croutons

Starter



Ingredients (Serves 2)

- 500g butternut squash
- 1 orange
- 30g ginger
- ½ onion
- 200g bread
- Extra virgin olive oil (q.b.)
- Salt (q.b.)
- Pepper (q.b.)
- Sage (q.b.)

Preparation

Start by sautéing the sliced onion in a pan with a drizzle of extra virgin olive oil. Add two slices of orange with the peel on and a piece of finely chopped ginger to infuse flavour.

Add the sliced butternut squash, cover with water, and let it cook for about 30 minutes. Once the squash is tender, blend the mixture until smooth. If the consistency is too thin, return it to the heat to reduce slightly.

Meanwhile, cut another portion of the squash into cubes and lightly roast them in a pan. Repeat the process with the bread to prepare crispy croutons, adding a few sage leaves for extra flavour.

To serve, pour the squash soup into the bowl, add the roasted squash cubes, and finish with the crispy croutons.

Spinach Risotto with Almonds and Broccoli

Main Course



Ingredients (Serves 2)

- 160g Carnaroli rice
- 300g spinach
- 100g broccoli
- 40g almonds
- 50g Parmesan cheese (grated)
- ½ onion
- 1 litre vegetable broth
- Extra virgin olive oil (q.b.)
- Salt (q.b.)
- Pepper (q.b.)

Preparation

First, prepare the spinach cream by boiling the spinach in salted water and blending it while still warm to create a smooth purée.

For the risotto, sauté the chopped onion in a pot with a drizzle of olive oil. Add the Carnaroli rice and toast it lightly, then season with salt and begin cooking by adding the vegetable stock gradually. Halfway through cooking, add the small florets of broccoli and start incorporating the spinach cream.

At the end of cooking, turn off the heat and stir in the Parmesan cheese and a drizzle of extra virgin olive oil to make the risotto creamy. To serve, garnish with toasted almonds

Coconut, Mango, and Lime Cheesecake

Dessert

Preparation

Whip the double cream together with the cream cheese and sugar using a stand mixer or electric whisk. Add the grated lime zest and shredded coconut, folding it in gently until well combined. Transfer the mixture to a piping bag and set aside.

Cut the mango: dice the most regular slices into cubes and blend the remaining pieces with a pinch of sugar to create a smooth sauce.

For plating, pipe some dollops of the cheesecake mousse onto the plate, add the mango sauce and mango cubes, and finish by sprinkling the biscuit crumble on top.

Ingredients (Serves 2)

- 100g cream cheese
- 100g double cream
- 1 mango
- 1 lime
- 30g shredded coconut
- 50g biscuit crumble
- 40g sugar



Remarks on the measurement unit

Q.b. (quanto basta) is an Italian term meaning **“as much as needed”** or **“to taste.”** It is commonly used in recipes to indicate that an ingredient, such as salt, pepper, or oil, should be added according to personal preference rather than a fixed measurement.