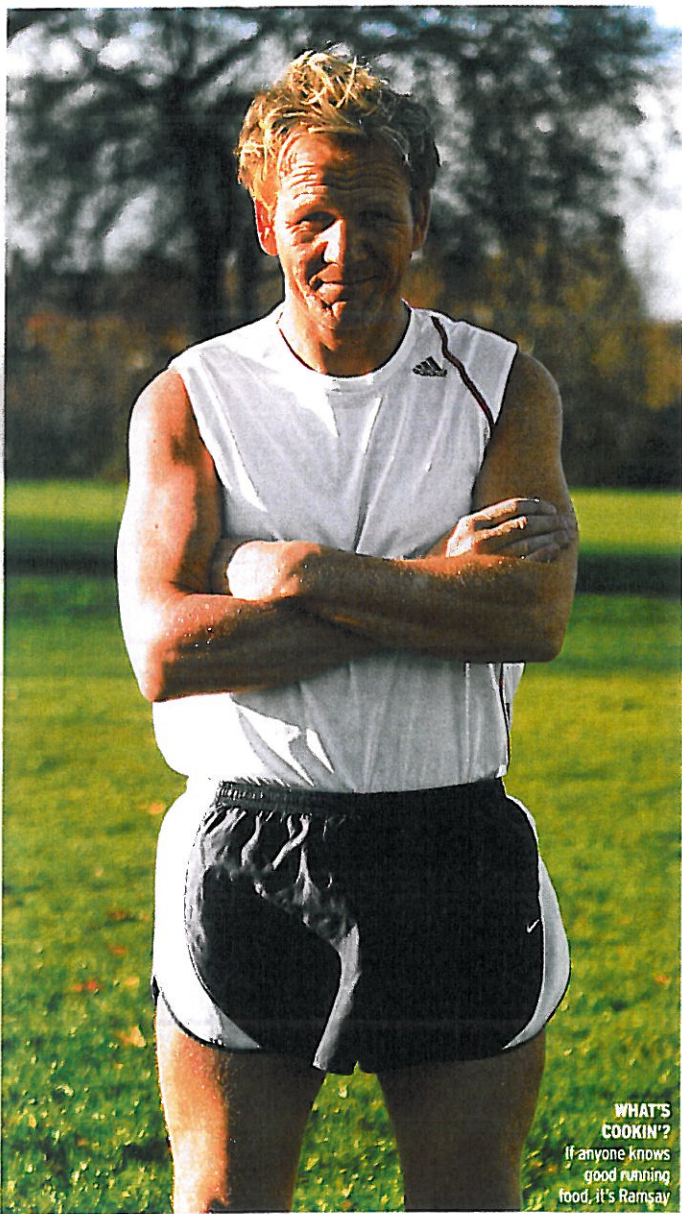


HEALTHY APPETITE

Sweary chef and 3:30-marathon runner Gordon Ramsay shares his most delicious and nutritious energy-giving culinary creations, perfect for his fellow runners



WHAT'S COOKIN'?
If anyone knows good running food, it's Ramsay



BREAKFAST

BIRCHER MUESLI

INGREDIENTS

Serves 4

- 200g rolled oats
- 400ml semi-skimmed milk
- 1 apple (leave skin on)
- 1 tbsp runny honey
- 150ml natural yoghurt
- 1 handful fresh berries
- Handful toasted walnuts

1 Place the oats in a bowl and pour on all of the semi-skimmed milk. Cover and refrigerate for at least an hour, ideally overnight.

2 Grate the apple over the oats, discarding the core and pips. Stir in the honey and the low-fat natural yoghurt. You could add a little more milk or a splash of apple juice if it's too thick. Serve drizzled with a little more honey and topped with the fresh berries and toasted walnuts.

WHY MAKE IT?

You're looking at the ultimate win-win breakfast. "With slow- and fast-releasing carbs in the oats and honey respectively, this is ideal

MORNING GLORY
Porridge with
fresh berries
and walnuts



LUNCH

RICE-NOODLE SALAD WITH PRAWNS

INGREDIENTS

Serves 2-3

- 100g rice noodles
- Drizzle of sesame oil
- 200g mange tout or sugar snap peas
- 1 large red pepper
- 1 large yellow or orange pepper
- 2 spring onions
- 200g peeled, cooked prawns
- Handful of coriander leaves
- 1 tbsp toasted black or white sesame seeds, to sprinkle

DRESSING

- 1 shallot, peeled and finely diced
- 2 garlic cloves, peeled and finely crushed
- 1 small red chilli, deseeded and finely chopped
- 2-3 tbsp lime juice, or more to taste
- 2 tbsp fish sauce
- 1 tbsp light soy sauce
- 2.5 tbsp palm sugar (or soft brown sugar)
- 2 tbsp toasted sesame oil

1 Place the rice noodles in a large heatproof bowl and pour on boiling water, fully immersing the noodles. Cover the bowl with cling film and leave to stand for 5 minutes or until the noodles are tender but still retaining a bite. Drain and immediately toss with a drizzle of sesame oil to stop them sticking to each other.

2 Blanch the mange tout in a pan of boiling water for 2 minutes until they are just tender but still bright green. Refresh in a bowl of iced water, then drain well. Cut the mange tout on the diagonal into 2 or 3 pieces. Halve, core and deseed the peppers, then cut into long, thin slices. Trim and finely slice the spring onions on the diagonal.

3 For the dressing, put all the ingredients into a bowl and whisk lightly.

4 Put the prawns, spring onions and vegetables into a large bowl and add the noodles, sesame seeds and coriander. Pour the dressing

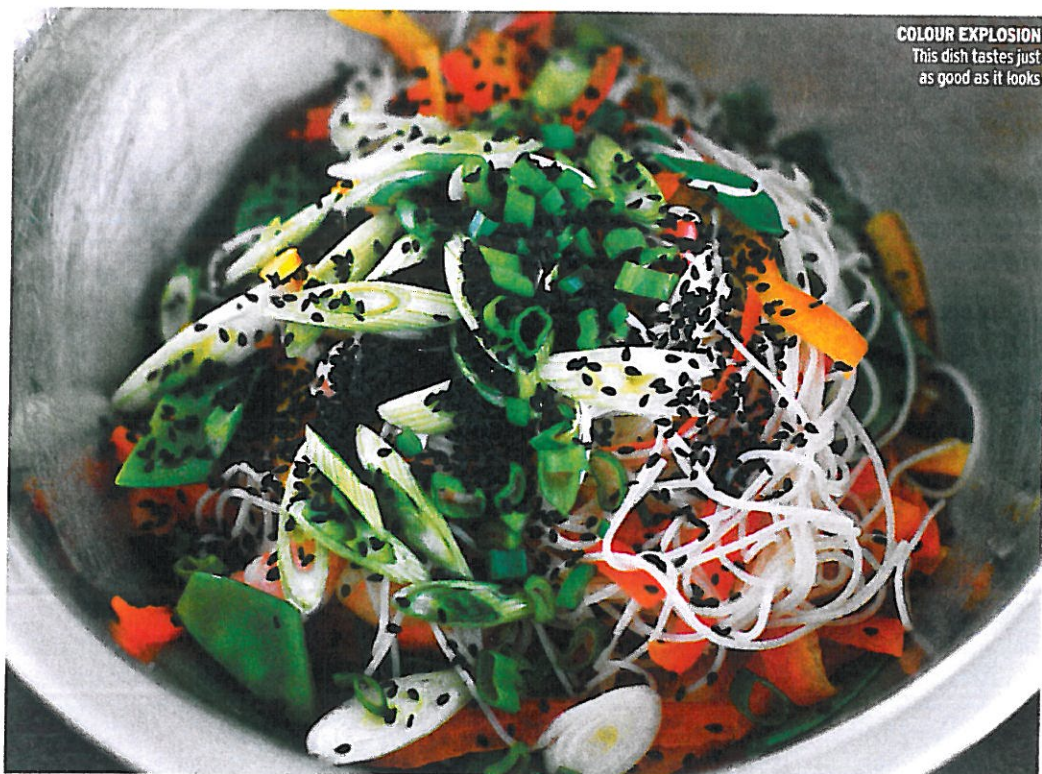
over and toss well to coat. Eat immediately or chill until ready to serve. If you're preparing this salad for a packed lunch, leave the noodles to cool completely before tossing with the other ingredients.

WHY MAKE IT?

✓ Peppers provide vitamin C – essential for the synthesis of collagen, a crucial structural component of blood vessels, tendons, ligaments and bone.

✓ Garlic is a powerful antibiotic – and an antifungal. “Studies have shown that garlic’s compounds can kill the fungus that causes athlete’s foot when applied topically,” says Pearson. Keep dinner on the plate though, eh?

✓ Shallots and spring onions contain the flavonoid quercetin – one of nature’s most powerful anti-inflammatories. Eat this dish before a race, recommends Pearson. “Quercetin can help maintain mental performance in physical stress.”



COLOUR EXPLOSION
This dish tastes just as good as it looks

for pre-run energy or post-run recovery,” says nutritionist Kim Pearson (kim-pearson.com).

✓ The antioxidant-rich berries will help offset any post-run free-radical damage that can lead to cellular breakdown and impaired recovery.

✓ The walnuts contain a healthy hit of Omega-3. “It not only reduces joint tenderness and inflammation, but also benefits the rhythm of the heart,” says Pearson.

DINNER

RUMP OF LAMB WITH PUY LENTILS AND GREEN BEANS

RUMP IT

Lamb is great for muscle growth and repair



INGREDIENTS

Serves 4

- 4 thick rumps of lamb, about 220g each
- 1 tsp coriander seeds, lightly crushed
- 1 tsp black peppercorns, lightly crushed
- 1 tbsp olive oil
- Sea salt
- 250g Puy lentils
- A few thyme sprigs
- A few rosemary sprigs
- 1/2 head of garlic, cut horizontally
- 800ml chicken stock
- 300g green beans
- A splash of balsamic vinegar

1 Trim the lamb of any excess fat and sinew, then place in a wide dish with the herbs, coriander seeds, peppercorns and olive oil. Toss to coat the meat and leave to marinate in the fridge for at least a few hours, preferably overnight.

2 To cook the lentils, put them in a saucepan with the herbs and garlic, then pour on the stock. Bring to the boil, lower the heat and simmer for 15 to 20 minutes until tender. Drain the lentils, reserving the stock; discard the garlic and herb sprigs.

3 Blanch the beans in a pan of salted water for 3 to 5 minutes until tender. Drain and refresh in a bowl of iced water, then drain again. Set aside.

4 Heat the oven to 190°C/ Gas mark 5. Sprinkle the lamb with a little salt and sear in a hot ovenproof pan for 2 to 3 minutes. Turn over and cook the other side for 2 minutes until browned. Transfer the pan to the oven and roast for 6 to 8 minutes until medium-rare – the lamb will be slightly springy when pressed. Transfer to a warm plate and pat with kitchen paper to absorb the excess fat. Cover with foil and leave to rest for 5 minutes.

5 Meanwhile, pour off most of the fat from the pan and tip in the lentils and beans. Add a splash of balsamic vinegar, a little of the reserved stock and some seasoning. Toss over a high heat for a few minutes to warm the beans and lentils through.

6 Spoon the lentils and beans on to warm serving plates. Thickly slice the lamb and arrange on top. Drizzle over any remaining pan juices.

WHY MAKE IT?

✓ **Lamb is high in protein – good for muscle growth and repair** – and also provides an easily absorbed form of iron, which is required to deliver oxygen to cells. Deficiency can lead to fatigue and weakness.

✓ **Lentils offer a variety of trace minerals**, including magnesium – which helps veins and arteries relax. “This improves the

flow of blood, oxygen and nutrients throughout the body,” says Pearson.

✓ **Sea salt replaces electrolytes after a run.** Plus, black pepper contains piperine, which increases availability of other nutrients. [®]

RW readers can buy Gordon Ramsay's *Healthy Appetite* at the special price of £16 (RRP £20) with free p&p. To order please call direct on 01256 302 699 quoting ref Z82.

