

Fuelling Winners

The Jockey's guide to healthy eating and easy cooking



Includes 30 recipes, tried and tested by Britain's leading Jockeys, handy tips for managing in the kitchen and simple ways of clocking your kcalories.

Foreword

This recipe book is the culmination of the hard work and dedication of Julia Scott-Douglas and her superb team of nutritionists; Helen Brown, Chris Cashin, Gill Horgan and Hazel Isaacs. BHEST have generously funded the project. I know Julia has had many a sleepless night trying to get the book completed, and that without her commitment it would still be no more than a glimmer in a stallion's eye.

Nutrition plays a key role in the performance of every professional athlete. Jockeys face a complex challenge in meeting their nutritional requirements whilst maintaining their weight. But for many, the thought of slaving over a hot stove after a full day's racing and a long drive home is particularly unappealing. The recipes in this book have been tried and tested by jockeys; they are not only quick and easy to prepare, but they taste fantastic and are guaranteed to turn even the most kitchen-shy jockey into a domestic god!

Thank you to all the jockeys who have contributed. I am certain that this book will get you all whipping up a healthy nosebag.

Dr Anna-Louise Mackinnon
Professional Jockeys Association Medical Advisor



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Introduction

Fuelling winners has been produced specifically for jockeys to provide some easy tasty recipes that are designed not only to meet nutritional needs but are quick and easy to prepare.

You will find lots of useful information which will help to give you a basic understanding of the principles of healthy eating and to show you how food can improve your riding performance.

There is advice on breakfast, food to choose when travelling, the best choice to make at a racecourse and information on cooking utensils and essential store cupboard items.

The main section of the book contains recipes for your evening meals. There are three sections; 300 kcalories* meals for when there is a need to make weight, 500 kcalories* for every day and then a few special “treat of the week” recipes when you are not riding the next day or making a light weight for the next few days. All the recipes have been chosen and cooked by a top jockey and their suggestions and thoughts have been taken on board.

Julia Scott-Douglas

Nutrition Team Leader



* the calorie content is not exactly 300 or 500 but may be slightly less or slightly more.

The winning nutritional formula

A good diet is essential for everyone. For the jockey it is important to try and achieve the right balance of food and drink to maintain health, manage weight and to keep pace with a hectic lifestyle.

Enjoying a healthy diet is all about getting the balance right. The picture below of the Eat Well Plate will help you to achieve this. It shows how much you should eat from each food section.



A healthy diet is one that will give you

- Enough energy to ride
- Plenty of starchy foods such as bread, rice, pasta and potatoes to help to keep you feeling full
- At least five portions of fruit and vegetables a day to provide you with vitamins and minerals to allow your body to work well
- Help to manage your weight without resorting to drastic measures

- Not too much fat
- At least 2–3 portions of dairy foods a day to help keep your bones strong
- Some meat, fish, cheese and eggs or beans to provide protein to help the muscles grow and repair when damaged
- Lots to drink (not alcohol)

Bread, other cereals and potatoes

This food group is a rich source of the nutrient carbohydrate.

Carbohydrates

- Are the most important fuel for energy so you should eat plenty of foods rich in starchy carbohydrates e.g. bread, potatoes, pasta, rice and cereals
- Will be needed in your diet every time you ride out, work in the yard or race
- Are found in many foods but this food group provides the richest source. Other foods such as fruit, vegetables, beans, pulses, yoghurt and milk will also contain useful amounts
- Are stored in the liver and muscles as glycogen and this is the fuel you use when exercising and riding. If you feel tired it might be that these energy stores are low and you may need to include more of this food group in your diet
- Should be eaten when you finish exercising or riding so you can refuel your carbohydrate stores

Low carbohydrate diets

Cutting out any of the food groups can be bad for your health. Low carbohydrate diets tend to be high in fat and these diets may restrict the amount of fruit and vegetables you eat. Rather than avoiding starchy carbohydrate foods it is better to base your meals on them.

Some practical suggestions

- Have more rice and pasta and less sauce
- Cut your bread thicker and use less spread
- Have cereal as a snack at night as well as for breakfast
- Try porridge for breakfast
- Baked beans on toast or with a jacket potato
- Snack on high carbohydrate foods e.g. dried or fresh fruit, currant buns or scones – spread with jam or honey rather than butter or margarine

Fruit and Vegetables

These are important to provide you with vitamins and minerals to keep you healthy and well. They will also help with healing when you are injured. The recommendation is to eat at least five portions of fruit and vegetables a day. You can choose from fresh, frozen, tinned, dried or juiced. If you count your portions it might help you eat more.

How much is a portion?

Medium fruit	1 apple, orange, pear, banana, peach, nectarine
Small fruit	2 plums, 2 apricots, 2 kiwi, 2 mandarins, 2 satsumas
Stewed/tinned fruit	2–3 tablespoons in fruit juice
Dried fruit	½–1 tablespoon raisins/sultanas, 6 tinned prunes, 2 dried apricots
Fruit juice/ vegetable juice	1 small (150ml) glass
Fruit salad	2–3 tablespoons fruit salad
Green vegetables	3 small broccoli or cauliflower florets, 2 tablespoons cooked cabbage or spinach ½ courgette, 3 sticks celery
Root vegetables	2 tablespoons carrots, parsnips, turnips, swede
Small vegetables	3 tablespoons peas, beans, sweetcorn, mangetout
Salad	5 small tomatoes, medium bowl lettuce or mixed salad 1 small pepper, ½ cucumber, 3 baby beetroot, ½ avocado

Ways of including fruit and vegetables

- Drink fruit smoothie (home made or bought)
- Eat tomato sauce with pasta
- Top breakfast cereal with fresh or dried fruit
- Keep a bowl of easy to grab pre-washed fruit and vegetables in the fridge for those hungry moments
- Replace crisps and chocolate bars with a piece of fruit
- Fill sandwiches with extra salad

Vitamins – Yes or no?

If you follow the Eat Well Plate model then you will get all the nutrients you require. However jockeys lead hectic lifestyles and may not eat enough fruit and vegetables or often miss meals. To make sure you do get enough vitamins you may need to take a supplement. Remember it is important to look for a brand that only contains 100% of the Daily Recommended Value and does not contain Mega-doses of that vitamin. Some vitamins are dangerous if you take more than the recommended dose, always buy a well known brand.

Milk and Dairy Foods

Foods in this group such as milk, cheese and yoghurt are rich in calcium. Calcium is essential for strong bones and teeth. Failure to build strong bones during adolescence and early adulthood puts an individual at risk of brittle bone disease (osteoporosis) in later life. Research has shown that even young jockeys are showing signs of brittle bones so it is very important that you include these foods in your diet every day.





How much is enough?

You need to be eating 2–3 portions of calcium rich dairy foods every day. Remember you can select low fat dairy foods.

Sex/Age	Recommendation for calcium	3 portions would be:-
Male 11–18	1000mg	250ml semi skimmed milk
		125g low fat yoghurt
		45g low fat cheese
Females 11–18	800mg	200ml semi skimmed milk
		200g low fat yoghurt
		30g low fat cheese
19–50	700mg	200ml semi skimmed milk
		150g low fat yoghurt
		30g low fat cheese

If you don't eat dairy foods there are other sources of calcium but these are not absorbed by the body as well. These include canned fish with edible bones, dark green vegetables, nuts, seeds and dried fruit.

Excessive intakes of caffeine (tea, coffee, Red Bull), alcohol and lots of fibre may stop the body absorbing calcium whilst a high intake of salt or lots of protein increases its excretion from the body.

If you do not like dairy food or do not eat the amounts above then it is strongly recommended that you take a calcium supplement.

Meat, fish and alternatives

This food group is a rich source of protein. You need protein for your muscles to grow and repair themselves.

Most people in the UK eat more protein than required for health so there should be no need to buy protein supplements.

Red meat is an excellent source of iron and zinc, lack of iron can cause anaemia and makes you feel tired. Zinc will help with wound healing.

Oily fish such as salmon, sardines and trout may help to reduce heart disease and may help with concentration.

How much should you have?

Try and have 2–3 portions from this food group in a day. A portion is 50–100g of lean meat, poultry or oily fish and slightly more for white fish, 1–2 eggs, 3 tablespoons baked beans, 2 tablespoons peanut butter or nuts.

Foods and drinks high in fat and/or sugar

These foods provide energy but may contribute only small amounts of other nutrients. They are not essential but add extra choice and taste. In some cases where you are very active these foods, especially sugary carbohydrates (such as jelly sweets, jaffa cakes etc) can be a useful additional source of energy. They may be helpful when you have been making weight and your energy stores are low but should not be eaten regularly.

Fats

We need some fat in our diet but having too much makes it easier to have more energy than required. To eat healthily and to manage your weight, look out for lower fat alternatives.

What is high in fat and what is low?

If you want to cut down on fat, you can compare labels of different food products and choose those with less fat. You will see figures for the fat content on many food labels.

Total fat

High is more than 20 grams fat per 100g

Medium between 3 and 20 grams per 100g

Low is 3 grams fat or less per 100g



Tips for cutting down

- Choose lean meat and cut off any visible fat
- When you are choosing a ready meal check and compare the food labels for fat content
- Measure oil using tablespoons rather than just pouring into the pan
- When making sandwiches use low fat spread or spread low fat mayonnaise on the bread instead
- Choose low fat dairy foods
- Do not fry food in deep fat. It is OK to use a small amount of fat in recipes to brown onions and vegetables
- If you have a pie choose one with only one crust as pastry is very high in fat
- Cut down on high fat snacks such as crisps and chocolate

Drinking enough

Make sure you drink enough. Water makes up about two thirds of our body weight and it is important for this to be maintained because most of the chemical reactions in our cells need water. You also need water to help your blood carry nutrients around the body.

How much is enough?

You should try and drink at least 6–8 glasses of fluid every day and when it is hot you should try and drink more.

Signs of dehydration

- One of the first signs is feeling thirsty
- Dark coloured urine and not passing much
- Headache
- Confusion
- Lack of concentration
- Feeling of hunger

Hints for the kitchen

What should you drink?

Water or water flavoured with low calorie squash is ideal. If you have been wasting or spent time in the sauna you may find that an isotonic sports drink would be helpful. These are drinks that contain roughly the same number of particles as the body's own fluids and that is quickly absorbed and will give you fuel and fluid. Don't drink very sugary drinks such as coke and high energy drinks as these will dehydrate you more.



Utensils

If you are starting out cooking for yourself, you will need to invest in a few essential items for the kitchen, you can gradually add to them as your finances and cooking skills improve and if you want to cook something that requires more equipment.

Basics

- Saucepan set including 2–3 saucepans with lids and a non stick frying pan
- Chopping board (if possible 2 boards in different colours, so you can keep a separate one for raw meat)
- Kitchen knives – small vegetable knife, large chopping knife plus a sharpener. Optional extras could include a serrated bread knife, carving knife, and small serrated knife
- Potato peeler (but a small knife will do the job)
- Can opener
- Wooden spoon
- Measuring jug
- Grater
- Kettle
- Toaster
- Crockery, cutlery

Nice to have

- Sieve or colander (though you can strain vegetables using your pan lid)
- Potato masher
- Slotted spoon
- Ladle
- Spatula
- Whisk or egg beater
- Mixing bowl (can often double up as serving dish and for storing food in fridge)
- Casserole dish with lid preferably suitable for the oven and microwave
- Garlic press
- Weighing scales

Luxury items

- Wok (stir frying uses less fat than other types of frying so is a healthy and a speedy method of cooking, but you can use a frying pan or large saucepan)
- Steamer (a very healthy way to cook vegetables and preserve nutrients), you can get stacking steamers which sit on your saucepans or electric steamers
- Food processor (now we are getting serious! But it has all sorts of uses from chopping vegetables to making smoothies and soups)

Store cupboard items

At the beginning you will probably find you need to buy all the ingredients for everything you cook but you will gradually build up a supply of essential store cupboard ingredients.

Jars & Bottles

- Vegetable oil e.g. rape seed oil
- Tomato ketchup, brown sauce – if you like them on your food
- Tomato puree
- Jars of low fat curry sauce, stir fry sauce, pasta sauce
- Soy sauce
- Jam, marmalade, peanut butter

Cans

- Tomatoes
- Tuna/salmon
- Baked beans/spaghetti
- Sweetcorn
- Fruit in juice
- Low fat custard
- Rice pudding
- Soup

Dry food

- Pasta, rice, noodles (if you are adventurous you could add couscous or polenta later)
- Dried lentils/chickpeas etc (cheaper than cans but you have to remember to soak them before cooking)
- Stock cubes
- Dried mixed herbs (if you have the space, it is fun to grow a few herbs on a window sill)
- Spices – will depend on your taste – chilli powder spices up many dishes
- Breakfast cereal/porridge oats
- Tea, coffee, sugar
- Salt and pepper – if you can run to a pepper mill freshly ground pepper has a better flavour
- Long life fruit juice

Fridge

- Butter or margarine
- Cheese
- Eggs
- Milk
- Yoghurt
- Fresh fruit juice, smoothies
- Fresh fruit, salads and vegetables





Food safety tips

- Wash your hands before food preparation and after handling raw meat, poultry or fish
- After handling these foods always wash utensils and surfaces thoroughly and before any contact with other food, especially cooked and ready-to-eat foods
- Clean up as you go along and wipe up spills
- Cool leftovers quickly and store in fridge in covered containers but eat within a couple of days
- Reheat leftovers until piping hot
- Make sure you eat food by the 'eat by' dates
- Once jars are opened, many will say how long you can store them in the fridge so don't exceed this ('best before' dates are a guide and the food may be OK after the stated date – maybe a bit stale!)
- If something looks or smells strange or is mouldy, throw it away
- Keep raw and cooked foods separate in the fridge with raw meat and fish at the bottom

Shopping tips

- Plan your budget – how much are you going to spend? Processed food is expensive; with planning you can usually produce healthy meals more cheaply
- Plan your menus for the week and make a shopping list and take it with you
- Look in your cupboards and fridge - what do you need to replace?
- Keep to your list in the supermarket
- Learn what is in season, it is usually cheaper and tastes better
- Don't be seduced by special offers unless it is something useful that will keep and you actually like eating it. (It is false economy to 'buy one get one free' if you are not going to eat the food before the eat by date)
- Compare prices – combine supermarket shopping with local shops and market stalls which are often cheaper for fresh food. Supermarket own brands are often cheaper and many have economy ranges, if you are on a tight budget

Basic cooking terms and techniques

Cooking terms

Chop

Take note of whether the recipe asks for “roughly chopped” or “finely chopped” as this will make a difference.

Dice

Cut into small cubes.

Marinate

Soak uncooked or raw foods in a mixture or liquid to increase their tenderness or to give more flavour.

Sauté

Fry quickly using a small amount of oil in a shallow frying pan over moderately high heat. Turn or toss food for even browning.

Simmer

Keep the liquid at just below boiling point. Small bubbles will rise to the surface.

Steam

Allow the vapour (steam) from boiling water to cook the food.

Zest

The coloured oily outer skins of citrus fruit. Use the smallest grating surface on the grater.

Cooking techniques

Dry frying (“use non stick frying pan”)

The trick is to use a non stick pan over heat. Heat the pan until it is hot (but not too hot). Test the pan by adding a piece of food. If it sizzles on contact then the pan is at the right temperature.

Dicing and chopping an onion

Peel the onion

Cut it in half and place one half, cut side down, on the chopping board

Slice sideways creating parallel cuts

Then make a series of vertical cuts

Finally cut the onion crossways

To chop the onions into smaller pieces, continue chopping

Do the same with the other half onion



Cooking onions (“fry until soft”)

Vegetables, such as onions, contain their own juices when they become hot. Dry frying is a good method. Place crisp raw onions in a hot non stick pan. After a few minutes they will turn from raw to translucent and soft and then brown and caramelised.

Low fat cooking spray (“use low fat spray”)

Sometimes this can be used to aid cooking. Use sparingly and do not be tempted to use more than 2 or 3 sprays for each dish.

Cooking meat and poultry

When cooking minced meat, dry fry it first and place meat in the colander to drain away any excess fat. When the meat is cooked it should all be an even brown colour.

Poultry should be cooked thoroughly making sure juices run clear when cut into.

Reducing (“reduce the sauce”)

Heating liquid in an open pan results in the excess liquid being evaporated rapidly. This leads to a more concentrated flavour to the remaining ingredients.

Cooking rice

Place rice in a large pan of boiling water and bring back to the boil.

Turn down the heat and simmer for the recommended cooking time.

Test rice every few minutes until the rice is cooked (soft not chewy).

Drain thoroughly in a colander.

Pour boiling water from the kettle over the rice for a final rinse.

Cooking pasta

Place pasta in a large pan of boiling water.

Boil for recommended time (9–11 minutes), stirring occasionally.

Cooked pasta texture can vary between “al dente” (firm) to soft depending on preference.

Drain cooked pasta in a colander, draining the cooking water off completely to avoid the pasta sticking together.



Breakfast

Breakfast is the most important meal of the day.

Eating breakfast will replace the carbohydrate stores that have been used by the body overnight. This will give you the energy you need to ride and work during the day.

Try to fit eating around training and riding – look at the section on eating out too, as you may find breakfast is eaten on the way to a meeting.

So what could you choose?

- Cereal with semi skimmed milk and toast and add some fruit
- Poached egg on toast
- Scrambled egg on toast
- Beans on toast
- Grilled bacon with tomatoes and toast

Some recipe ideas

Quick porridge oats

50g oats

200ml semi skimmed milk

Mix together and put in the microwave for one and a half minutes

Sweeten to taste and add fruit

Fruit breakfast bowl

50g Muesli

150ml semi skimmed milk

A mix of fruit – blueberries, strawberries, raspberries etc

Smoked salmon bagels

1 plain bagel

50g smoked salmon

2 tablespoons low fat crème fraiche

Horseradish sauce to taste

Toast the bagel. Mix the crème fraiche and horseradish and spread on the bagel
Top with smoked salmon. Enjoy!

Grilled breakfast

1 grilled rasher bacon

1 poached egg

1 tablespoon baked beans

Grilled tomatoes and poached mushrooms (in water)

Serve with a slice or bread or toast





Eating on the hoof...

Eating out is part of a jockey's life and needs to be convenient and quick, especially if you are on the move much of the time. It is all too easy to grab whatever is available or cheap without thinking about the nutritional balance of your food. Here are some tips to help you make the right choices.

- Choose foods which are not fried
- Ask for grilled or dry roasted meat and fish
- Choose tomato based sauces rather than creamy ones
- Eat plenty of salad, vegetables and fruit
- Say no to butter and salad dressings
- Drink plenty of water and have a bottle with you at all times
- Keep portion sizes small

At petrol stations



Good Choices

- Sandwiches and baguettes e.g. chicken or turkey salad
- Grilled paninis e.g. chicken arrabatia (avoid ones with mainly cheese as the filling)
- Pasta salads e.g. pasta with tomato sauce rather than mayonnaise based sauce
- Grilled bacon sandwiches
- Scones, bagels, malt loaf
- Low fat biscuits e.g. ginger nuts, jaffa cakes, fig rolls, cereal bars
- Fruit salad e.g. mixed fruit, pineapple, kiwi and grape etc
- Fresh or dried fruit
- Small packets of yoghurt flavoured raisins or cranberries

Avoid the temptation to snack on high fat pastries and pies or you will feel the effects on your next ride.

In cafes and restaurants



Good Choices

- Non creamy soup
- Grilled breakfast e.g. bacon, tomatoes, poached egg
- Poached or scrambled egg on toast/beans on toast
- Cereals and milk
- Baked potatoes with low fat filling e.g. tuna and sweetcorn, chilli, baked beans
- Boiled rice with low fat sauce e.g. chilli con carne, tandoori chicken curry, sweet and sour
- Boiled potatoes with lean meat/fish and vegetables
- Fruit or fruit salad or sorbet

Avoid the fried breakfast meals, burger chains and fried chicken outlets as these will contain far too much fat and kcalories.

In your car always keep a supply of water or isotonic sports drink and some carbohydrate supplies in the glove compartment in case you find yourself stuck in traffic or running late for a race. Ideal non perishable items include jelly babies/beans, dried fruit packets, low fat cereal bars, snack packs of plain biscuits.

On the train opt for the low fat sandwiches, fruit and plain biscuits options rather than chocolate cookies, pastries or crisps.

From the shops



Good Choices

- Sandwiches with low fat filling
- Cereal twinpots e.g. cereal, milk and disposable spoon
- Low fat sweets e.g. wine gums, jelly babies
- Popcorn (sweet rather than savoury)
- Cereal bars
- Scotch pancakes
- Scones
- Water and isotonic sports drinks



Ideas for packed lunches to prepare beforehand

Note:

Cook extra noodles, pasta, rice and potatoes and store extras in the fridge. These carbohydrate foods can then be used for cold lunches the next day.

Rice Salad

75g rice

1 spring onion, chopped

1 red pepper, chopped

50g can tuna in brine or water, drained or 50g cooked chicken

100g (1/4 tin) kidney beans, optional

25g raisins

Dressing

15ml olive oil

1 teaspoon wine vinegar, to taste

1 teaspoon orange juice

- Cook the rice, leave to cool
- Mix in spring onion, pepper, raisins, tuna or chicken
- Mix together ingredients for dressing
- Combine with salad

Prawn and mange tout noodles

100g mange tout, steamed

75g easy cook noodles

1 teaspoon olive or sesame oil

75g peeled, cooked prawns

1 tablespoon soya sauce

- Cook noodles and drain
- Steam mange tout very quickly (they should still be crunchy to bite)
- Heat oil in non stick pan or wok and stir fry prawns for 2 minutes
- Add together noodles, mange tout and soy sauce

Mushroom pasta

50g mushrooms, roughly sliced

1 teaspoon olive oil

1 small red onion, sliced

1 small green pepper, chopped

1 tablespoon fromage frais

75g pasta, cooked

- Heat oil in non stick pan and cook pepper and onion
- Add mushrooms and cook for a few minutes until soft
- Remove from the heat and stir in fromage frais
- Add the pasta

Potato, salmon and pea salad

1 teaspoon olive oil

1 teaspoon red wine vinegar

Pinch whole grain mustard, to taste

100g new potatoes, cooked, cubed

25g sugar snap peas, cooked, sliced

Few leaves of rocket or iceberg lettuce

100g cooked salmon, flaked

Black pepper, to taste

- Mix together the oil, vinegar, mustard and black pepper
- Add flaked salmon, potatoes and peas
- Place over the rocket or iceberg lettuce

Food and fluids at the racecourse



There are lots of differences between racecourses in the quality and quantity of the food that is provided for Jockeys. Generally you will find a range of savoury (hot and cold) and sweet foods. The choices that you make will depend on your individual preferences on that particular day. You may also not take too much notice of what you choose because you are focussing on your plans for each race. However, this is a great time to make careful decisions about food and fluids to give you plenty of energy but avoiding unwanted kcalories.

The following suggestions have been chosen because they provide you with high carbohydrates (energy) but are still low in fat (unwanted kcalories). A list of foods that are high in fat (and therefore best avoided) is also given, however, you may just feel like eating that particular food occasionally so a suggested portion size is also provided.

Just ask!

Caterers are usually open to new ideas and will want to provide foods that you request (within reason!).

Why not ask for:

- Fruit to be sliced up to give you a smaller quantity of a variety of fruit rather than eating a whole apple
- Sandwiches to be prepared without butter or mayonnaise
- Potato wedges rather than chips
- Low fat mayonnaise as a dip
- Hot soups

High Energy, Lower Fat Choices

Savoury – Cold

- Sandwiches/rolls/wraps filled with fish (prawns, tuna) or lean meat (turkey, beef, pork, chicken) and salad or chutney
- Seasonal Salads – pasta, rice, couscous, potato based, tomato salad, green salad, coleslaw (made with low fat mayonnaise)
- Add some lean meat – turkey, beef, pork or a fish choice – prawns, crabsticks, tuna, to the salad to add protein without the fat

- Chicken wings, chicken drumsticks (no skin)
- Crudites – cucumber, carrots, celery sticks, tomato wedges
- Twiglets

Savoury – Hot

During racing choose:

- Potato wedges (low fat mayo – optional)
- Soup – tomato, minestrone, lentil, vegetable, leek and potato
- Toast with marmite

After you have finished racing for the day choose:

- Pasta with a tomato based sauce
- Chilli con carne and rice
- Jacket potatoes
- Shepherds pie
- Chicken/meat curry and rice
- Chicken risotto
- Chicken paella
- Lean roast meat and potatoes

Sweet

- Slices of apples, pears, melon, kiwi, pineapple
- Grapes
- Cherries
- Dried fruit
- Slice of bread/toast spread with jam/honey/lemon curd
- Small bowl breakfast cereal and semi skimmed milk
- Toasted tea-cake/hot cross bun
- Jaffa cakes (50 calories each!)
- Ginger nuts

- Fig rolls
- Slice of swiss roll
- Plain biscuits e.g. rich tea
- Slice of fruit cake/malt loaf
- Fruit pastilles
- Pick & mix sweets, jelly and boiled
- Mints
- Marshmallows

High fat foods – only choose occasionally!

Suggested portion size in brackets

- Crisps (one packet)
- Chips (approx 12)
- Sausage roll (four mini, one large)
- Pork pie (two mini, one third of an individual)
- Quiche Lorraine (small slice rather than large wedge)
- Spring rolls (one)
- Wontons (three)
- Scotch egg (one)

Fluids

The drinks that you choose at the racecourse can also help to improve your energy levels, without giving you too many calories. Immediately before a race and between races an isotonic (sports) drink is best. The carbohydrate and electrolyte levels in sports drinks mean that they are absorbed in your intestine within minutes, getting the energy to your muscles and brain as quickly as possible.

Sometimes you may just feel like a hot drink of tea or coffee, or a more nourishing drink such as milk (best to ask for semi skimmed).

300 kcalories

Spring Garden Lamb

serves 2

Recipe submitted by Andrew Thornton

300 kcalories



Ingredients

- 2 lean lamb chops
- 2 sprigs of fresh rosemary
- 2 medium courgettes, grated
- 6 fresh asparagus (if you can't get asparagus use 100g mange tout)
- 1 clove garlic, crushed

Serving suggestion

Serve with a few new potatoes and a knob of butter as a special treat.

Method

1. Place a sprig of rosemary on each of the lamb chops.
2. Grill under a medium grill for about 6 minutes each side.
3. While the chops are cooking place garlic and courgettes in a pan with a little water and cook gently for 5 minutes.
4. Add asparagus or mange tout and a little more water. Cook for a further 3 minutes.

“Many of us can not eat very much but when I want a simple easy dish this is one of my favourites.”

Andrew Thornton



Baked Pork Chops with Apples

Tasted and prepared by Jimmy Fortune

serves 4
300 kcalories

Ingredients

- 4 lean pork chops
- 1 tablespoon olive oil
- 1 medium onion, chopped
- 2 eating apples, quartered and cored (leave skin on)
- 1 tablespoon apple juice
- 2 teaspoons dried sage

Cooking tip

To tell if the pork is cooked there should be no pink juices when stabbed with a knife – timing will depend on the thickness of the pork.

Serving suggestion

Serve with small portion of boiled potatoes (3 egg sized) and a green vegetable.

Method

1. Place onions in an oiled oven proof dish.
2. Place the pork on the top.
3. Mix oil with juice in a small bowl and add apples and sage and mix.
4. Place the apples and sage around the pork.
5. Bake in a hot oven 200C/400F/Gas 6 for about 35–40 minutes covered for the first 30 minutes then remove the cover.

“ We enjoyed this recipe and made it even tastier by adding some parsley. It goes well with a salad or noodles.

–Jimmy Fortune”



Chicken and Vegetable Risotto

Tasted and prepared by Hayley Turner

serves 4
300 kcalories

Ingredients

- 1 tablespoon of vegetable oil
- 1 medium onion, chopped
- 1 clove garlic, crushed
- 200g uncooked long grain white rice
- 100g mushrooms, sliced
- 100g broccoli, broken into small florets
- 1 small red pepper, diced
- 1 small courgette, sliced
- 200g cooked chicken, diced
- 1 chicken stock cube made up to 500ml with boiling water

Method

1. Heat oil in a deep saucepan, add the onion and garlic, cook until soft.
2. Add the rice and cook over a low heat, stirring continuously until the rice is yellow and shiny.
3. Add a third of the stock to the rice, bring to the boil and cover.
4. When all the liquid is absorbed gradually stir in the remaining stock.
5. Cover the pan again and simmer for 15 minutes.
6. Meanwhile cook broccoli florets in boiling water for 2 minutes.
7. Gently fry the pepper for a few minutes in a little oil, add courgette and mushrooms and cook until soft.
8. Gently fold the chicken and vegetables into cooked rice.
9. Heat well through and serve.

Cooking tip

This dish will freeze well. Make double portions and freeze for another day when time is short. Defrost and reheat thoroughly in the microwave.

“ I liked this and I added a measure of white wine and a sprinkling of parmesan cheese to serve. This adds a few more calories but not too many. ”

-Hayley Turner



Chinese Noodles with Beef and Green Beans

Tasted and prepared by Frankie Dettori

serves 2
300 kcalories

Ingredients

- 125g French beans
- 1 pack of stir fry vegetables
- 150g ready cooked noodles
- 1 tablespoon vegetable oil
- 150g lean rump steak, cut into small strips
- 2 teaspoons horseradish sauce
- 1 tablespoon soy sauce

Cooking tip

For a more Chinese flavour replace the vegetable oil with sesame oil.

Method

1. Boil the beans in salted water for about 10 minutes and set aside.
2. Heat the oil in a wok or large non stick frying pan, add the beef and stir fry for 5–7 minutes, add the cooked beans, the stir fry vegetables, the horseradish and soy sauce. Stir well and cook for further 2 minutes.
3. Add noodles to the pan, keep stirring and heat.

“
Very quick to make and tasted good.

-Frankie Dettori
”

Cumin Chicken Salad

serves 2

Tasted and prepared by Timmy Murphy

300 kcalories

Ingredients

- 2 teaspoons olive oil
- ½ teaspoon cumin
- 1 small clove garlic, crushed
- Black pepper to taste (optional)
- 2 chicken breasts, skinned
- 2 carrots, peeled and grated
- 2 tablespoons low fat fromage frais
- ½ small packet of basil leaves, torn

Serving suggestion

This mix can be used as a wrap filling or roll filling.

Method

1. Mix the garlic, olive oil, cumin, black pepper.
2. Coat the chicken with the mixture and leave for 5 minutes.
3. Fry chicken in a small amount of oil for about 3 minutes on each side.
4. Meanwhile mix the fromage frais, carrot and basil leaves.
5. When chicken has cooled combine with the fromage frais mix.
6. Serve on bed of lettuce.

“

A really tasty healthy salad, good lunch time meal when not racing.

-Timmy Murphy

”





Fried Rice with Vegetables

Tasted and prepared by Ryan Moore

serves 4
300 kcalories

Ingredients

- *Spray olive oil*
- *1 medium onion, chopped*
- *1 egg, lightly beaten*
- *1 green pepper, finely chopped*
- *200g mushrooms, sliced*
- *½ small cabbage, finely shredded*
- *1 large carrot, thinly sliced*
- *800g cooked white rice*
- *1 tablespoon chopped parsley*
- *Soy sauce to taste*

Cooking tip

Spray oils are a good way of saving calories and you can find them in large supermarkets.

Method

1. Spray a non stick pan with olive oil and heat.
2. Add the egg and mix around to form a thin omelette consistency, turn once.
3. When cooked and set, turn out, cool and cut into thin strips.
4. Spray the pan again with oil and heat.
5. Add the onion and cook for 2 minutes.
6. Add the remaining vegetables and stir fry for a further 2 minutes or until softened.
7. Add the cooked rice and stir.
8. Add in parsley, the egg strips and season with soy sauce.

“My partner really liked it as she is a vegetarian. I would add meat such as ham or chicken.”

-Ryan Moore



Lamb Kebabs

serves 2

Tasted and prepared by Neil Callan

300 kcalories

Ingredients

- 200g lean lamb steak, cut into bite size pieces
- 1 medium onion, quartered and separated into layers
- 1 medium red pepper, cut into 1 inch squares
- 2 tablespoons olive oil
- 1 lemon
- 1 garlic clove, crushed
- 1 teaspoon dried mixed herbs
- 2 medium tomatoes, halved
- 4 small mushrooms

Method

1. Place the lamb, onion and red pepper in a bowl.
2. Add oil, juices of half the lemon and garlic, mix well.
3. Marinate for 30 minutes.
4. When it is time to cook, heat the grill.
5. Thread the meat onto skewers alternating with the vegetables, start and finish each kebab with a tomato and a mushroom.
6. Place under the hot grill, turning frequently and basting with the marinade.
7. They will take 10–15 minutes to cook.

Cooking tip

A marinade is a sauce made to add flavour to meat. You could make this marinade at lunch time and then leave in the fridge until the evening to help the flavours develop.

Serving idea

Serve with rice or pitta bread and some salad.

“ I didn't bother with the skewers!
It tasted great just on the plate
with rice.

-Neil Callan

”



Leek and Potato Soup

serves 2

Tasted and prepared by Jim Crowley

300 kcalories

Ingredients

- 2 large leeks
- 1 large potato
- 1 large carrot
- 25g butter
- 1200ml vegetable stock (use one or two stock cubes dissolved in 1200ml of boiling water)
- Salt & pepper to taste
- 1 tablespoon low fat crème fraiche

Serving suggestion

To make a hearty lunch serve with a hunk of crusty bread.

Method

1. Wash and chop the vegetables.
2. Melt the margarine and sauté the vegetables for a few minutes, stirring occasionally.
3. Add the stock, bring to the boil, cover and simmer for 20 minutes.
4. Leave to cool slightly before blending.
5. If you do not have a blender you can mash the vegetables with a potato masher.
6. Stir in the crème fraiche.

“

A good filling soup with a lovely flavour.

-Jim Crowley

”



Stuffed Chicken Breast

serves 2

Recipe submitted by Mark Bradburne

300 kcalories

Ingredients

- 1 chicken breast skinned
- 75g low fat Philadelphia cheese
- 4 slices wafer thin ham

Method

1. Slice across the top of the chicken breast.
2. Stud with the cheese.
3. Carefully wrap ham round.
4. Place in a lightly greased oven proof dish.
5. Cook in a moderate oven for 25–30 minutes.

Cooking suggestion

Potato wedges make a healthy change to chips, and would go well with this dish.

Take a large jacket potato and cut into 8 wedges, place on greased baking tray and bake in a hot oven (200C or gas 6) for about 45 minutes turning once.

Add a side salad to make this a well balanced meal.

“

This is an easy low kcalorie meal.

-Mark Bradburne

”



Quick Chicken Paprika

serves 2

Tasted and prepared by Tom Scudamore 300 kcalories

Ingredients

- 2 chicken breasts, skinned and divided into 3 or 4 pieces
- 1 medium onion, chopped
- 1 red pepper, sliced
- 1 tablespoon vegetable oil
- 1 teaspoon paprika
- 1 tablespoon tomato puree
- 1 chicken stock cube dissolved in 200ml boiling water
- 2 tablespoons low fat natural yoghurt

Serving suggestion

For a quick lunch serve with crusty bread. For a more substantial meal serve with a jacket potato and canned sweetcorn.

Method

1. Lightly brown the chicken in oil and remove from pan.
2. Gently fry onion and pepper for about 5 minutes, stirring frequently.
3. Add paprika and stir for 1 minute.
4. Return the chicken to the pan.
5. Add the tomato puree and stock.
6. Cook gently till tender (about 10 minutes).
7. Reduce the cooking juices by boiling rapidly (if necessary) to thicken the sauce.
8. Just before serving stir in the yoghurt and heat through gently.

“This was so easy to make and also very filling, a great lunch or evening meal.

-Tom Scudamore”

Salmon Parcel

serves 1
300 kcalories

Tasted and prepared by Paul Hanagan

Ingredients

- 1 salmon steak
- Juice of a lemon
- ½ tablespoon pesto
- 1 small red pepper, chopped
- A little vegetable oil
- Enough foil to wrap round the salmon

Serving suggestion

Serve with small portion (3 egg sized) of new potatoes and boiled green beans and carrots.

Method

1. Grease the foil with the oil and lay flat.
2. Place the chopped peppers in the middle.
3. Lay the salmon on the top.
4. Mix the pesto and lemon juice and spread on top of the salmon.
5. Make the foil into a parcel.
6. Bake in oven 180C/350F/gas 4 for 20 minutes.

“

I enjoyed this meal and it was very easy to make.

-Paul Hanagan

”





Spicy Meat Balls

serves 4

Tasted and prepared by Martin Dwyer

300 kcalories

Ingredients

- 500g lean minced beef
- 2 tablespoons light soy sauce
- 1 teaspoon curry powder
(as spicy as you want!)
- 1 jar of ready made tomato sauce or
a tin of chopped tomatoes

Cooking tip

To make the balls dip your hands in clean cold water to stop the mixture from sticking to your hands when you shape it.

Serving suggestion

Cook pasta and place in a bowl and serve meat balls on top with a little grated cheese.

Method

1. Put mince in a bowl and break it up with a fork.
2. Add soy sauce and curry powder.
3. Mix the ingredients well.
4. Divide the mixture into 12 pieces.
5. Squeeze each lump into a ball.
6. Place in a non stick saucepan.
7. Add the tomato sauce and gently simmer for about 45 minutes.

“Normally we put in chilli and garlic paste instead of soy sauce and curry powder, but it was nice to have a change.”

-Martin Dwyer



Spicy Pork

Tasted and prepared by Dane O'Neill

serves 2
300 kcalories

Ingredients

- 2 teaspoons vegetable oil
- 150g lean pork steak, chopped into cubes
- 1 medium onion, chopped
- 1 medium leek, chopped
- 1 medium green pepper, chopped
- 1 heaped teaspoon curry powder
- 2 teaspoons plain flour
- 200g tin of chopped tomatoes

Top tip

This is a good way of eating vegetables if you are not keen on them. Mushrooms will go well with this dish as well.

Method

1. Heat the oil in a large pan.
2. Add the pork and brown.
3. Add the vegetables and cook for 5 minutes.
4. Add the curry powder, flour and tomatoes (including the juice).
5. Simmer for 30–40 minutes and add water if needed to prevent it drying out.

“

A really nice meal.

-Dane O'Neill

”

Summer Chicken

serves 1

Tasted and prepared by William Carson

300 kcalories

Ingredients

- 1 medium chicken breast, skinned
- 1 dessertspoon lemon juice
- 1 dessertspoon vegetable oil
- 1 clove garlic, crushed
- ½ teaspoon turmeric
- 1 teaspoon cumin
- Pepper and salt to taste

Top tip

Remember to allow 1 hour to marinate the chicken before cooking.

Serving suggestion

Serve with a small portion of rice (3 heaped tablespoons cooked rice) and 2 tablespoons of low fat natural yoghurt, green beans and broccoli.

Method

1. In a small bowl mix lemon juice, oil, garlic, turmeric, cumin, salt and pepper to make a marinade.
2. Rub some of this mixture over the chicken breast.
3. Lay in a shallow oven proof dish and pour over the rest of marinade.
4. Leave in the fridge for 1 hour.
5. Cover with foil and cook in the centre of the oven on 180C/350F gas mark 4 for 35 minutes.

“The instructions were very easy to follow, it did not feel heavy in the stomach, and I would have this meal again.”

-William Carson





Breakfast on the Go

Recipe submitted by **Mattie the Tea Boy**

serves 1
300 kcalories

Ingredients

- 50g oat based breakfast cereal
- 125g of your favourite low fat yoghurt
- Chopped fresh fruit (what ever you like)
- Teaspoon dried fruits for the top
- Honey to drizzle

Nutrition tip

Breakfast is the most important meal of the day as it is “breaking the fast of the night before”.

This is a great snack at the racecourse and can be eaten any time of day at home.

Method

1. Take a tall glass or bowl and place a little of your chopped fruit in the base.
2. Top up with cereal then yoghurt.
3. Repeat until you are about an inch from the top and top with a good spoon of yoghurt, dried fruits and a drizzle of honey.

“

Mattie provides the food for Jockeys at a number of racetracks in the South

”

500 kcalories

Curry in a Hurry

serves 2

Tasted and prepared by Seamus Durack

500 kcalories



Ingredients

- 200g lean minced beef
- 1 small onion, chopped
- 1 level tablespoon sultanas
- Small tin of baked beans
- 2 teaspoons curry powder
- Salt and pepper, to taste
- 100g uncooked white long grain rice
- 1 clove garlic
- Small tin of tomatoes

Serving suggestion

Top with low fat yoghurt.

Method

1. Gently brown the mince with the onion in a large non stick frying pan.
2. Drain off the excess fat.
3. Mix in the sultanas, baked beans and tomatoes.
4. Mix the curry powder with a little water to make a paste, add to mince.
5. Add salt and pepper to taste.
6. Cook for 10–15 minutes on a medium heat, add a little hot water if the mince becomes too thick.
7. Meanwhile cook the rice and serve with the curry.

“

Yes, I really liked this dish.

-Seamus Durack

”



Curried Vegetable and Bean Jacket

Tasted and prepared by Liam Treadwell

serves 1
500 kcalories

Ingredients

- 2 teaspoons vegetable oil
- 1 small courgette, diced
- 1 small red onion, diced
- 1 small yellow pepper, diced
- ½ to 1 teaspoon curry powder
- 1 small tin baked beans
- 1 jacket potato, already cooked

Do you know your potatoes?

The best kind for baking are Estima, whilst King Edward are good for potato wedges and roast potatoes and Maris Piper are excellent for mashed potato.

Method

1. Heat the oil in a non stick pan.
2. Add the courgette, onion, and pepper and gently fry.
3. Add the curry powder according to taste.
4. Stir in the baked beans.
5. Heat this mixture through.
6. Cut the potato in half and pile the mixture over.

“ Good and cheap to buy. I was a bit pessimistic before cooking about the final taste. In the end dinner went down a treat! Much enjoyed.

– Liam Treadwell ”



Tasty Chilli

Recipe submitted by Kevin Darley
and tasted by Eddie Ahern

serves 4
500 kcalories

Ingredients

- 500g lean minced beef
- 1 medium onion, chopped
- Good teaspoon hot chilli in sunflower oil
- 1 red pepper and 1 green pepper, ½ chopped finely and ½ chopped in chunks
- 1 large tin tomatoes
- 1 small tin kidney beans, drained
- Stock cube
- 190ml water
- Black pepper

Method

1. Place mince into a non stick pan, heat until it browns and fat runs out.
2. Add onion and cook until soft.
3. Add the chilli, stock cube, tomatoes, kidney beans and the water.
4. Add the finely chopped peppers, stir well and season with black pepper.
5. Cook for about 30 minutes.
6. Just before the end of cooking add the rest of the peppers which have been chopped in chunks. Only warm the peppers through.

Cooking tip

If you use chilli powder then this will be hot so add less or use a mild chilli powder.

Serving suggestion

Serve with plain boiled rice, you could try basmati, and top with low fat yoghurt.

“Yes tasted lovely. When I woke up I felt very light. It didn't sit on my stomach all night and it was very easy to cook.”

-Eddie Ahern



Little Ears Pasta

serves 4

Tasted and prepared by Robert Thornton 500 kcalories

Ingredients

- 300g pasta shapes e.g. orecchiette
- 225g frozen peas
- 1 dessertspoon olive oil
- 1 medium onion, chopped
- 4 lean back bacon slices, cut into strips
- 100ml low fat crème fraiche

Cooking tip

Orecchiette pasta shapes are like little ears but any shapes will do.

Method

1. Cook the pasta and add the peas for the last 3 minutes of cooking.
2. Heat oil in a non stick pan and cook the onion for 2 minutes.
3. Add the bacon and cook until onion and bacon are crisp but not burnt.
4. Drain the pasta and toss with the bacon and onion.
5. Stir in the crème fraiche.

“

Yes...yes a real winner for me.

-Robert Thornton

”

Pasta with Goats Cheese

serves 4

Tasted and prepared by Mark Bradburne 500 kcalories

Ingredients

- 350g fresh pasta
- 150g soft goats cheese
- Juice and zest of 1 lemon
- 100g rocket
- 50g walnuts chopped (optional)

Cooking tip

Lemon zest is the grated rind of the lemon. Try not to get too much of white bit of the skin in as this is bitter.

For best results use soft goats cheese from a tub rather than a rinded log which may make this easy recipe a little dry.

Pecans or toasted almonds or pine nuts also go well in this recipe if you like nuts.

Method

1. Cook the pasta in boiling salted water for a few minutes and drain.
2. Stir in the cheese, walnuts, lemon juice and lemon zest.
3. Mix in the rocket.

“

I chose not to add the walnuts and it was great.

-Mark Bradburne

”





Pork and Cashew Stir Fry

serves 1

Tasted and prepared by Richard Johnson 500 kcalories

Ingredients

- 2 teaspoons vegetable oil
- 100g lean pork, cut into chunks
- 2 spring onions, chopped
- 5 large mushrooms
- 5 water chestnuts, sliced
- 50g unsalted cashew nuts
- 1 garlic clove, crushed
- 1 tablespoon soy sauce
- 1 tablespoon rice vinegar
- Pinch Chinese five spice powder

Cooking tip

Water chestnuts can be bought in any supermarket in a tin. You will also find rice vinegar in most supermarkets in the oriental cooking section.

Serving suggestion

Serve with a small portion of white boiled rice (3 tablespoons).

Method

1. Heat the oil in a wok or a non stick frying pan.
2. Add the pork and brown for 3 minutes.
3. Add the spring onions, mushrooms, water chestnuts and garlic.
4. Stir fry for a further 3 minutes.
5. Add the soy sauce, rice vinegar, cashew nuts and Chinese five spice powder.
6. Stir fry for a further 2 minutes.

“

My wife and I enjoyed this meal but I would leave out the mushrooms.

-Richard Johnson

”

Potato and Bean Layers

serves 2

Tasted and prepared by Sam Thomas

500 kcalories

Ingredients

- 2 large potatoes, peeled
- 1 can baked beans, 400g
- 1 medium onion, thinly sliced
- 2 medium tomatoes, sliced
- 50g mushrooms, sliced
- 25g low fat margarine

Cooking tip

Try adding curried baked beans to add some spice or you could add some curry powder to taste, to give it an extra zing.

Method

1. Par boil the potatoes for 5–6 minutes until starting to soften, drain. and leave to cool for a few minutes, slice thinly.
2. Place a layer of potatoes in a small casserole, then a layer of beans, then onion, then mushrooms and repeat until all the ingredients have been used.
3. Spread the tomatoes on the top and dot with margarine.
4. Bake for about 45 minutes at 190C/380F/gas 5 or until the potatoes are soft.

“

I loved the recipe but prefer some meat! Perfect veggie dish.

-Sam Thomas

”





Spaghetti Carbonara

serves 2

Tasted and prepared by Dougie Costello 500 kcalories

Ingredients

- 1 egg
- 1 tablespoon half fat crème fraiche
- 125g dried spaghetti
- 2 teaspoons vegetable oil
- 1 onion, peeled and chopped
- 2 cloves garlic, crushed
- 4 rashers lean bacon, remove rind and chop
- 25g parmesan cheese, grated
- Ground pepper to taste

Cooking tip

You could use lean ham or smoked salmon in this dish instead.

Crème Fraiche

This is similar to sour cream so make sure you do use the half fat version.

Method

1. Mix the eggs, 2/3 of the parmesan and the crème fraiche together.
2. Cook the spaghetti according to the instructions on the packet.
3. Heat oil in a non stick frying pan.
4. Brown the onion, garlic and bacon for 2–3 minutes.
5. Add the drained pasta to the bacon mixture and stir.
6. Add the egg mixture and stir on a low heat for 3–4 minutes.

“

I enjoyed the food.

-Dougie Costello

”

Spicy Sausage Hot Pot

serves 2

Tasted and prepared by Aidan Coleman

500 kcalories

Ingredients

- 200g tinned hot dog sausages, drained and cut in half or grilled low fat sausages, cut into small pieces
- Small tin red kidney beans in chilli sauce
- Small tin tomatoes, drained and chopped
- 600g tinned new potatoes, drained and sliced

Cooking tip

You can have all these foods in the cupboard so if you don't have time to shop you can still make up a substantial meal.

Method

1. Mix the sausages, kidney beans and tomatoes in a large saucepan.
2. Heat through for 10 minutes.
3. Transfer to a serving dish, top with the sliced potatoes.
4. Grill under a hot grill until brown.

“

Loved it.

-Aidan Coleman

”





Stir Fry Chicken and Broccoli

Tasted and prepared by David Probert

serves 1
500 kcalories

Ingredients

- 1 small chicken breast, skinned and cut into strips
- 1 tablespoon vegetable oil
- 1 tablespoon soy sauce
- 1 tablespoon of orange juice
- 2 teaspoons cornflour
- 1 cup water
- 6 frozen broccoli florets
- 1 sachet of "ready to wok" noodles

Method

1. Mix the soy sauce and orange juice together and add the chicken.
2. Leave for 20 minutes.
3. Heat the oil in a wok or a non stick frying pan.
4. Add the chicken mix.
5. Stir fry for about 5 minutes.
6. Add broccoli and cook for a further 5 minutes.
7. Mix the cornflour with the water and add to the chicken mix.
8. Cook gently until the sauce has thickened and broccoli is tender.
9. Add the noodles and heat through for 2 minutes.
10. Add extra soy sauce to taste.

Cooking tip

Frozen vegetables are as nutritious as fresh and are very convenient. You can just use the amount that you need and keep the rest in your freezer. If you have not got a freezer you can use the ice box of your fridge.

You can buy noodles that are already cooked and these are really easy to add to any meal.

“

I would have added chopped chilli pepper. It was very easy to make!

-David Probert

”

Treat of the week

Cheese and Tomato Pizza

Tasted and prepared by Daryl Jacob

serves 2

Ingredients

- 1 ready made pizza base (10")
- 1 tin chopped tomatoes
- 1 small onion, chopped
- 1 teaspoon mixed herbs
- 100g cheddar cheese
- A little olive oil

Cooking tip

You can add your favourite topping such as salami, ham, extra cheese, sweetcorn on top of the tomato topping before adding the cheese.

Method

1. Gently brown onion in a little olive oil.
2. When soft add the tomatoes and mixed herbs.
3. Gently simmer for about 20 mins so some of the liquid evaporates, allow to cool.
4. Grease a tray. Place on the pizza base and brush the surface with a little oil.
5. Spread tomato topping on dough and cover with cheese.
6. Cook in hot oven 220C/425F Gas mark 7 for 10 minutes until cheese is bubbling and lightly browned.

“

Easy to make and enjoyed it as a small snack – thank you.

-Daryl Jacob

”





Chicken with Pesto, Peas and Pasta

Recipe submitted by Dougie Costello

serves 2

Ingredients

- 125g pasta uncooked
- 1 breast of chicken
- 1 teaspoon olive oil
- 2 tablespoons frozen peas
- 5 mushrooms
- 50g red pesto
- 50g low fat cheddar cheese, grated

Method

1. Grill the chicken breast for 15 minutes turning once, cook and chop.
2. Meanwhile cook the pasta in a large pan of boiling water according to the instructions and add oil.
3. Cook mushrooms in a little oil.
4. When the pasta is nearly ready, add the frozen peas and cook for a couple of minutes.
5. Drain and add the mushrooms, chopped chicken breast and stir the pesto through.
6. Serve in bowls and sprinkle with cheese.

Cooking tip

Green pesto will work in this recipe as well.

What is Pesto?

Traditionally pesto is a sauce made with basil leaves, salt, garlic, olive oil, pine nuts and some grated hard cheese such as parmesan. The red pesto has tomatoes or red peppers added.

Pesto can be found in supermarkets but sometimes cashew nuts or walnuts are used as they are cheaper but have a similar texture.

“

This is my own recipe which I cook and eat regularly!

-Dougie Costello

”

Mango Brulee

Tasted and prepared by Luke Morris

serves 2

Ingredients

- 200g ready made low fat custard
- 1 small ripe mango, peeled and cut into small slices
- 1 teaspoon caster sugar
- 50g fresh raspberries

Top tip

Mangos are full of nutrients such as Vitamin C and Vitamin A and also dietary fibre which make this a good dessert to include in your diet.

Method

1. Blend the custard with the mango.
2. Put the mixture into a small oven proof dish.
3. Sprinkle sugar over the mixture.
4. Grill under a high setting for 8–10 minutes until the mix has turned brown.
5. Cool and decorate with raspberries.

“The first time I have ever tried something like this and I like it. It was very nice and straight forward to make.”

-Luke Morris

Chicken and Coconut

Recipe submitted by Sam Thomas

serves 4

Ingredients

- 2 medium chicken breasts, skinned
- 2 teaspoons olive oil
- 1 medium onion, chopped
- 50g frozen peas
- 2 large flat mushrooms
- 1 tin of light coconut milk
- Clove of garlic, crushed
- 75g light soft cream cheese
- Small spinach packet
- 150g bacon cubes

Method

1. Place the chicken in an oven proof dish, cover in a little olive oil and cook at 170C for 15 minutes. When cooked cool a little and cut into slices.
2. Chop the mushrooms and mix with chopped onion, crushed garlic and bacon cubes. Cook in a non stick pan with a small amount of oil for about 10 minutes.
3. Add the coconut milk, the peas and the cream cheese.
4. Then add the chicken and cook for a further 5–7 minutes.
5. Meanwhile steam the spinach for about 5 minutes.
6. Serve with the chicken dish.

Serving suggestion

Take 4 large mushrooms and cover with sliced cheddar cheese, drizzle with a little oil and bake in the oven for 5–7 minutes.

Serve the dish with noodles or boiled rice.

“I cooked this for my family and they really liked it, if you want to save on calories you could omit the mushrooms with cheese but they were yummy.”

-Julia Scott Douglas





Seafood Tagliatelle

Tasted and prepared by Philip Robinson

serves 2

Ingredients

- 1 teaspoon vegetable oil
- 1 small onion, sliced
- 1 tablespoon plain flour
- 150ml semi skimmed milk
- 3 tablespoons white wine
- 50g sliced mushrooms
- 225g smoked haddock fillets cubed
- 50g peeled prawns
- 175g dried tagliatelle

Method

1. Heat the oil in a non stick pan and cook onion until soft but not brown.
2. Stir in the flour and cook for 1 minute.
3. Remove from the heat and stir in the milk slowly.
4. Return the pan to the heat and cook while stirring continually until thickened and smooth.
5. Slowly add wine, mushrooms, haddock and you can season with black pepper.
6. Simmer for 5 minutes.
7. Stir in the prawns and cook for a further 1–2 minutes.
8. Cook and drain the tagliatelle.
9. Combine with the seafood sauce.

Cooking tip

You can buy frozen prawns and just defrost the amount you need – they will only take about an hour.

“

Enjoyable meal when you have time to cook and enjoy.

-Philip Robinson

”



Smoked Salmon Penne

Tasted and prepared by A P McCoy

serves 2

Ingredients

- 200g fresh penne pasta
- 200g smoked salmon pieces
- Juice of ½ lemon
- 125g half fat crème fraiche
- Salt and pepper to taste

Serving suggestion

Serve with green salad and a chunk of French bread.

Cooking tip

Fresh pasta is always tasty but you can also use dried pasta which is handy to keep in the cupboard. The recipe is generous and could serve 4 if you were looking for a lighter supper.

Method

1. Cook pasta in a large pan of slightly salted boiling water.
2. Add the strips of salmon, salt and pepper to taste, crème fraiche and heat thoroughly for 1–2 minutes.
3. Serve immediately.

“

I don't usually eat pasta but this was tasty and quick to prepare.

-A P McCoy

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