



Boost your energy

Cookery writer **Sophie Godwin** shares her delicious recipes that are packed with ingredients to help you feel energised

photographs MIKE ENGLISH

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Breakfast

Green eggs



SERVES 2 PREP 5 mins COOK 15 mins EASY V

- 1½ tbsp rapeseed oil, plus a splash extra
- 2 trimmed leeks, sliced
- 2 garlic cloves, sliced
- ½ tsp coriander seeds
- ½ tsp fennel seeds
- pinch of chilli flakes, plus extra to serve
- 200g spinach
- 2 large eggs
- 2 tbsp Greek yogurt
- squeeze of lemon

1 Heat the oil in a large frying pan. Add the leeks and a pinch of salt, then cook until soft. Add the garlic, coriander, fennel and chilli flakes. Once the seeds begin to crackle, tip in the spinach and turn down the heat. Stir everything together until the spinach has wilted and reduced, then scrape it over to one side of the pan. Pour a little oil into the pan, then crack in the eggs and fry until cooked to your liking.

2 Stir the yogurt through the spinach mix and season. Pile onto two plates, top with the fried egg, squeeze over a little lemon and season with black pepper and chilli flakes to serve.

GOOD TO KNOW healthy • calcium • folate • fibre • vit c • iron •

2 of 5-a-day • gluten free

PER SERVING 298 kcals • fat 20g • saturates 4g • carbs 8g • sugars 6g • fibre 6g • protein 18g • salt 0.8g



Supplying vitamin C and iron, this breakfast will super-charge your morning. It provides energy from protein and fat, which helps keep you satiated so you're less likely to hit the biscuit tin later



Lunch

Salmon, sesame & asparagus open sandwich

1 OF 5-A-DAY CALCIUM OMEGA 3

SERVES 2 PREP 5 mins
COOK 5 mins EASY

- 200g asparagus tips
- 1 tsp sesame oil
- 170g can of salmon, drained
- 2 tbsp Greek yogurt
- 1 tsp white miso (see tip, below)
- 2 slices of rye bread
- 1 tbsp toasted sesame seeds

1 Heat the grill to its highest setting. Toss the asparagus tips in the sesame oil on a baking tray and grill for 5 mins until tender.
2 Meanwhile, mix the salmon with the yogurt and miso in a bowl, and toast the rye bread. Divide the miso salmon between the toasts, top with the grilled asparagus, then sprinkle over the sesame seeds to serve.

GOOD TO KNOW low cal • calcium • folate • omega-3 • 1 of 5-a-day
PER SERVING 308 kcals • fat 14g • saturates 5g • carbs 15g • sugars 4g • fibre 4g • protein 29g • salt 1.4g

gf tip
You can use a white miso soup sachet if you can't find the paste.

We've balanced complex carbs from the rye bread with protein from the salmon to help avoid that post-lunch slump. Asparagus is a useful source of B vitamins, as it helps us access the energy in our food



Dinner

Steak & Vietnamese noodle salad

HEALTHY 2 OF 5-A-DAY GLUTEN FREE

SERVES 2 PREP 15 mins COOK 10 mins EASY

- 83g brown rice noodles (Clearspring contain no salt)
- 1 tsp rapeseed oil
- 250g fillet steak
- 2 carrots, peeled into ribbons
- 1/2 Chinese cabbage, shredded
- 4 spring onions, sliced
- 1 small pack coriander, roughly chopped
- For the dressing**
- 1 red chilli, seeds removed and thinly sliced
- 1 lime, juiced
- 2 tsp soft brown sugar
- 1 tsp rice wine vinegar
- 1 garlic clove, finely chopped
- 1/2 tbsp fish sauce

1 Mix all the ingredients for the dressing together in a bowl with 1 tbsp water until the sugar has dissolved.
2 Cook the noodles following pack instructions, then plunge into a bowl of cold water to cool completely. Drain the noodles, then add the carrot, cabbage, spring onion and dressing, and toss to combine.
3 Heat the oil in a frying pan over a high heat. Season the steak, then cook to your liking; 2-3 mins on each side for medium rare. Leave to rest for 5 mins, then slice. Divide the salad and steak slices between bowls and scatter over some coriander to serve.

GOOD TO KNOW healthy • low cal • low fat • folate • fibre • vit c • 2 of 5-a-day • gluten free
PER SERVING 400 kcals • fat 9g • saturates 3g • carbs 41g • sugars 12g • fibre 8g • protein 34g • salt 1.1g

How you eat in the evening can impact on your sleep and energy levels the next day. This supper supplies vitamins, minerals and fibre, as well as energy from complex carbs, to help stabilise blood sugar levels through the night

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