

LoveTrails KITCHEN

A COOKBOOK FOR TRAIL RUNNERS

22
nutritious, healthy
& delicious
recipes



RAISING AWARENESS FOR

CAMPAIGN
AGAINST
LIVING
MISERABLY
CALM

LoveTrails KITCHEN

A COOKBOOK FOR TRAIL RUNNERS

BREAKFAST & PRE-RUN

Pre-Run Double Chocolate Baked Oats	7
3, 2, 1 Pancakes	9
Go-Go Porridge	11

POST RUN

Vegan Nikujaga	15
Halloumi Curry	17
Posh Beans On Toast	19
One Pot-Thai Curry Noodle Soup	21
Creamy Butternut Orzo	23
Lentil 'Carb Up' Bolognese	25
Sticky Salmon With Brown Rice & Veg	27
Prawn Linguine	29
No Fish & Chips	31
Za'atar Crusted Tiger Prawns	33
Easy Peasy Aubergine And Chickpea Curry	35
Roasted Vegetable Pasta	37
Super Squash & Lentil Curry	39
Masca Pasta!	41

SWEET TREATS & ON THE RUN SNACKING

Ultra Jacks	45
Apple Pie Oatmeal Bars	47
Milk Chocolate & Hazelnut Cookies	49
No-Faff Almond Butter Banana Bread	51
Lockdown Banana Bread	53

Breakfast & Pre-run

Pre-Run Double Chocolate Baked Oats

SERVES 1



Danielle Jasmin Alice
Birmingham
@daniellejasminalice

Ingredients

50g jumbo oats	1 banana
15g chia or flaxseeds	A pinch of salt
1/2 tbsp baking powder	2 tbsp water
1 tsp sugar or stevia sweetener	1 tbsp peanut butter
1 tsp cocoa powder	12g dark chocolate

Method

1. Preheat the oven at 200°C
2. Mash in a bowl 1/2 of the **banana**, then mix in the **oats**, **cocoa powder**, pinch of **salt**, **sugar/stevia**, **water**, **baking powder** and **seeds** until it forms a thick paste
3. Flatten into a small oven dish (I used a small loaf tin, it should be about 1cm deep), and place in the oven on the middle shelf for 10 minutes
4. Take out of the oven and press evenly the **dark chocolate** broken pieces across the top of your baked oats, then place back onto the middle shelf for a further 5 minutes until crisp on top
5. Take the oats out of the oven and use a spatula to serve on a plate
6. Serve with a generous drizzle of **peanut butter**, the rest of the **banana** and a sprinkle of **cocoa powder**



“
This dish is the perfect pre-run breakfast recipe. Slow-releasing oats to fuel you over a long distance, a banana for 1 of your 5 a day, a tbsp of chia seeds to provide your essential omega 3 fats for the day and finally dark chocolate for those all powerful antioxidants.
”

3, 2, 1 Pancakes

MAKES 6 PANCAKES

Nell Peachey
Thames Ditton

Ingredients

300ml of milk (dairy or vegan)
2 eggs

100g of plain flour
Plus, oil for cooking and
toppings of your choice

Method

1. Mix the **milk**, **eggs** and **flour** in a bowl until smooth and pale. Then, let the batter rest for a few minutes (I find this a good time to tidy up!)
2. Heat about a teaspoon of **oil** in a frying pan - too much oil makes them greasy
3. Pour a ladle of batter into the frying pan and swirl until the batter has evenly covered the base of the pan. Be prepared for the first pancake to go a bit wrong but then all the rest will be fine.
4. When holes appear in the top of the pancake, flip! When the pancake is golden on both side, remove from the pan
5. Serve straight away with all your favourite **toppings** (chocolate spread and chopped banana is my fave) Enjoy!



“
It’s a super simple breakfast and a great treat after a morning run. See the recipe to find out why there are called 3,2,1 pancakes!
”

Go-go Porridge

SERVES 1



Emma Butcher
Abingdon
@emmabutcher1992

Ingredients

0.5 cup porridge oats	1 tsp peanut butter
1.5 cups liquid - water or milk (including non-dairy alternatives)	1 tsp jam
1 cup frozen raspberries (can substitute for whatever fruit you have on hand)	Sugar or other sweet toppings
	Extra toppings (optional) e.g. flaked almonds

Method

1. Mix together **all ingredients, except peanut butter, jam, and sugar** in a non-stick saucepan
2. Heat gently until the porridge reaches your desired consistency (if it goes too concrete, just add more liquid)
3. Top with **peanut butter, jam,** and **sugar** - you can also add any toppings that you fancy - how about some **flaked almonds** or a **square of chocolate** or other flavours



“
Great to fuel those cold runs and perfect to
personalise and perk up the start of your day
”

Post Run

Vegan Nikujaga

(Japanese 'meat' and potato stew)

SERVES 4



Richard Cornes
Birmingham, UK
@richardlikesrunning

Ingredients

200g vegan mince	80ml mirin
4x medium sweet potatoes	2 tbsp brown sugar
2x medium carrots	4 tsp nutritional yeast
240ml vegetable stock	3x cloves garlic (minced)
8x large shiitake mushrooms	10x mangetout (cut in half)
120ml soy sauce	Togarashi to garnish (optional)

Method

1. Chop the **sweet potatoes** and **carrots** into bite sized chunks
2. Place the **carrots**, **potatoes** and **boiling stock** into a large pot and cook on a medium high heat for 5 minutes
3. Add the **mushrooms**, **vegan mince**, **soy sauce**, **mirin**, **brown sugar**, **nutritional yeast** and **minced garlic** to the pot and gently stir
4. Place a piece of tin foil inside the pot on pushed to the surface of the ingredients, then place a lid on the pot (this slows down the evaporation and ensures everything is cooked through)
5. Cook on a low-medium heat until potatoes and carrots are tender and cooked through (30-40 minutes)
6. Remove the foil and add the **mangetout**. Place the lid back onto the pot and simmer for another 3 minutes
7. Serve with a sprinkle of **togarashi** and a serving of **steamed white rice**



“
A great winter warmer that can be
batch cooked and frozen.
Perfect for the evening before a long
run or as post run recovery meal.
”

Halloumi Curry

4 PEOPLE (OR ONE HUNGRY ULTRA RUNNER)
■■■■



Danny Bent
Sheffers
@danny_bent

Ingredients

- 250g waxy potatoes cut into 1cm cubes

250g halloumi cut into 1cm by 2cm

12 curry leaves

1tsp cumin

Large onions chopped

4 cloves garlic crushed
- Thumb of ginger grated

1/2tsp tumeric powder

1-3 chillies

250g vine tomatoes chopped (or a tin)

1/2tsp garam masala

175g peas

Method

1. Heat 2tbsp oil medium heat.

2. Add **potatoes** and fry for 6-8mins until golden brown , use slotted spoon to take them out

3. Add 1tbsp oil and fry **cheese** 3-4 mins until golden

4. Set aside with potatoes

5. Add 1 tbsp oil add **curry leaves**, **cumin** and sizzle for few seconds

6. Add **onions**, **garlic** and **ginger** and fry gently for 5 mins
7. Add **tumeric chillies** and **chopped tomatoes** until tomatoes have broken down to make sauce

8. Add **potatoes**, **100ml water**, 1 teaspoon of **salt** and cover until potatoes are tender and sauce thickish

9. Add fried **cheese**, **garam masala** and **peas** then allow to simmer for few mins



“
This dish is perfect for after a run. It warms your body and soul and the halloumi replaces the salts we crave after a long run!
”

Posh Beans On Toast

SERVES 4 FOR A POSH DINNER PARTY OR 2 WHEN RUNNING IS INVOLVED
■■■■



Abbie Pearse
Sheffield
@abbiepearse

Ingredients

- | | |
|-------------------------|-------------------------------------|
| Nice bread for roasting | 1 tsp paprika |
| 1 onion | 1 tsp sugar |
| 3 garlic cloves | 1 tsp cayenne pepper |
| 1 tin of butter beans | 1 tsp Henderson's relish |
| 1 tin canolloni beans | Salt and pepper (as taste requires) |
| 1 tin of mixed beans | Basil |
| 1 tin of tomato | Parmesan |
| 1 carton of passata | |

Method

1. Heat a pan with a generous drizzle of **olive oil**
2. Chop the **onion** and **garlic** and add to the pan. Lightly brown the onion
3. Add all the **tins of beans** and the tin of **tomatoes** and the **pasta**
4. Then add all the **spices**, the **Henderson's**, **sugar** and **vinegar**
5. Add a few **basil** leaves
6. Leave to simmer for 10-20mins or until the sauce has thickened
7. Toast the posh **bread**, **butter** it and lay 2 slices per plate
8. Spoon the beans on top and garnish with more **basil** and a dusting (or more!) or **parmesan cheese**



“
There are some things you don't mess with,
a tin of Heinz beans are hard to beat but this
meal might just take it up a notch: Pre run
breaky, post run lunch or posh dinner party.
This meal will have you full of beans!
”

One Pot-Thai Curry Noodle Soup

SERVES 2
⋈



Claire Edwards
London
@clairenatalieedwards

Ingredients

- | | |
|--|--|
| 2 tbsp thai red curry paste | 1 red pepper |
| 1 tbsp Fish sauce (or to taste. Swap for dark soya sauce to make veggie) | 2 big handfuls of spinach |
| 1 x red chilli or dried chilli flakes (optional) | Coriander to garnish |
| 1 x tin coconut milk (400 ml) | 1 x Lime (plus more to serve) |
| 500 ml chicken stock (or vegetable stock) | 2 cloves garlic (minced) |
| 1 x chicken breast, sliced (or ½ block of tofu cut into cubes) | Thumb of ginger finely chopped or 2 tsp ginger paste |
| | 2 dried rice noodles nests |

Method

- Scoop out a spoonful of the **solid coconut milk** that should have separated at the top of the tin and heat on high in a large saucepan (if there's no solid bit in your tin, just use a tablespoon of flavourless oil instead- not olive oil as this has too strong of a flavour for this dish). Once the solid coconut milk has all melted and started to bubble, add the chopped **garlic** and **ginger** and turn the heat down to medium/low, being careful not to brown the garlic
- You can also add fresh or dried **chilli** at this point, depending on your appetite for spice and the heat level of your curry paste as this will vary depending on the brand
- After frying for a few minutes, add the **curry paste** and stir to allow it to soften and combine with the garlic and ginger
- Pour in the **coconut milk** and **chicken (or vegetable) stock**, **fish sauce** and **juice of ½ lime**, bring everything to the boil then reduce heat and simmer for 10-15 minutes
- Taste at this point and adjust the seasoning, adding more fish sauce or lime juice to balance flavours. Add your **chicken** or **tofu** into the pan to poach in the soup (if I'm adding tofu, I tend to fry this first in a separate pan with a bit of chilli powder and soya sauce to get a tasty and crispy coating on the outside of it, but you could put it straight into the soup and let it absorb the flavours)
- If using chicken, let it cook in the soup for at least 10 minutes. This can be reduced to 5 if you're using tofu
- Fill and boil the kettle and place your **noodle nests** into a heatproof bowl. Cover with boiling water and set aside for the noodles to soften. The timing for this will again be dependent on the brand you buy and the thickness of the noodle but usually takes around 5 minutes. You want to take them out of the water when they still have a bit of bite as they will continue to cook in the soup, so give them a taste test after a few minutes and keep an eye on them. Once ready, drain and rinse with cold water to stop the cooking
- While the noodles are softening, add your sliced **red peppers** into the soup to cook for a few minutes, then add the **spinach** and stir until it wilts
- To serve, divide the noodles between two bowls, then ladle over the soup and fillings. Garnish with a generous sprinkle of **coriander** and a wedge of **lime**. Served best with a cold beer and a bottle of sriracha handy to increase the heat levels if needed!



“
For me, noodles are the ultimate comfort food so this is one of my favourite things to cook, and eat! It is also super quick, easy and very flexible - I've listed red pepper as the main veggie element here, but I often mix this up depending on what I have in the fridge. Some other options that work well are mushrooms, leeks, asparagus so feel free to substitute this with your favourites.
”

Creamy Butternut Orzo

SERVES 4
■■■■



Sarah Pritchard
Sheffield
@s.pritchard

Ingredients

1 butternut squash
550ml vegetable stock
500g dried orzo
Handful of fresh basil
100g cream cheese

Olive oil
Salt & pepper
3 cloves of garlic
Parmesan for topping

Method

1. Pre-heat your oven to 180°C
2. Peel your **butternut squash** and roughly chop into medium chunks. Scatter these on a baking tray with a drizzle of **oil**, season with **salt & pepper** and roast for 30 minutes, or until soft
3. Remove most of the butternut squash, (leaving a handful of chunks in the oven for later) and leave to cool
4. Blitz most of the **butternut squash** in a blender into a thick paste. If you don't have a blender, mash with a fork. Add the **veg stock** to the **butternut squash** and mix together to form a creamy mash
5. Fry the **garlic** in a large pan, then add your butternut mash with stock into the pan. Add the **orzo**, and stir continuously with splashes of **water** making sure it doesn't stick to the pan
6. Once the orzo is cooked it should be thick and creamy, similar to risotto. Add the handful of **butternut squash** you left in the oven, and stir in with the fresh **basil**
7. When it's ready to serve, stir in dollops of **cream cheese**, and sprinkle with some **grated parmesan** and a drizzle of **olive oil**



“
A delicious carb loaded dinner perfect for gobbling down after a long run on the trails. The cream cheese really makes it, but you can leave this out if you want to go vegan.
”

Lentil ‘Carb Up’ Bolognese

SERVES 4
★★★★



Justin Reid-Simms
London
@houseofcardinal

Ingredients

- | | |
|------------------------------|------------------------|
| 1.5 Tins Plum Tomato | 4 TBSP Tomato Puree |
| 1 Pouch Merchant Puy Lentils | 1 TBSP Worcester Sauce |
| 1 Medium Onion | 1 TBSP Olive Oil |
| 1 Medium Carrot | 1 TBSP Mixed Herbs |
| 1 Stick Celery | 100g Linguine |
| 50g Mushrooms | Salt & Black Pepper |
| 2 Cloves Garlic | |

Method

1.

First, peel and finely chop the **onion** and **garlic**. Then cut the **carrot**, **celery** & **mushrooms** into small cubes
2.

Place the **olive oil** in a saucepan on a medium heat; add the **onions** & **celery**, and gently fry for 2 to 3 minutes
3.

Next, add the **garlic** and **carrot** and **mushrooms**; cook for 5 minutes before adding the **lentils**, **tomato puree**, **tinned tomatoes**, **Worcester sauce** & **mixed herbs**
4.

Turn down to low heat, pop the lid on the pan & cook for 25 minutes, don't forget to check & stir
5.

Boil water for the **pasta**, and a pinch of **salt** & **cook pasta** according to packet instructions
6.

Before draining the pasta, hold back 1/4 cup of the **pasta water** & add to the bolognese mix
7.

Season to taste with **salt** & **pepper**
8.

Serve & garnish with roughly chopped **basil**



“
Lentil ‘Carb Up’ Bolognese is perfect to fuel up the night before or refuel after a longer or harder effort. It keeps in the fridge for 3 days or can be frozen, so great for prepping ahead!
”

Sticky Salmon With Brown Rice & Veg

SERVES 2
⋈



Matthew Gardner
London
@mattgardnernutrition

Ingredients

2 Salmon Fillets.
180g of brown rice
(uncooked weight.)
2-3 handfuls of green veg
(broccoli florets, tender stem
broccoli, asparagus.)

Sauce:
2 parts soy sauce to
1 part sweet chilli sauce.
(So we like 4-5 tbsp soy sauce to
2-2.5 tbsp sweet chilli sauce.)
1 lime zested and juiced.

Method

1.

Preheat an oven at 200C and prepare the **fish** by lining a small tray with greaseproof paper and laying the **fish** on top. You may like to season with **salt** and **pepper** at this stage but it is up to you. Set aside
2.

Cook the **rice** by following the instructions on the packet
3.

Prepare the **asparagus** the way you like it (with or without the woody end) and lay on a small lined baking tray and season with **salt** and **pepper**. Set aside
4.

Prepare the sauce by adding the **soy sauce**, **sweet chilli sauce**, **lime zest** and **lime juice** to a small bowl. Stir well, then set aside
5.

When the rice is under 10 minutes away from being ready bring the rest of the dish together by placing the **salmon** and **asparagus** in the oven and setting a timer for 7 minutes or so
6.

You could easily boil the **asparagus** alongside the **broccoli**, whatever cooking method you enjoy to do
7.

Pop a medium-sized pan on the heat and bring water to a boil in order to cook the **broccoli**
8.

When the rice is ready, fluff with a folk. When the broccoli meets your desired texture drain and when the salmon and asparagus reach your desired texture remove from the oven
9.

Plate up by spooning on the rice, then the green veg, then lay the salmon on top. Take a tbsp and divide the sauce between the two plates. We like to add the sauce on top of the salmon and rice
- Tweaks:

For some spice add freshly chopped chilli to the sauce. To 'char' the asparagus grill instead of roast or boil



“
This dish is a well balanced, healthy, quick and easy evening meal. Packed with protein, omega 3 fatty acids, fibre and flavour, it is a staple in our household and we think you are going to love it too.
”

Prawn Linguine

SERVES 2



Sarina Pietrosanti
Berkshire
@Sarinapie and @pies_kitchen

Ingredients

200 grams linguine	120 ml white wine
2 litres water	1 tbsp tomato paste
225 grams uncooked prawns deveined	1 large garlic clove peeled and finely chopped
4 anchovies in finely chopped Keep the Oil	1 chilli, deseeded and chopped
8 baby plum tomatoes	1/2 bunch parsley chopped (keep a few whole leaves for garnish)
1 tsp grated ginger	1 tbsp lemon juice

Method

1. Fill a large pot with water and salt and bring to the boil. Once the water is rapidly boiling add the **linguine** and set your timer
2. Heat a heavy based large pan on the hob with the left over **anchovy oil**. Add the **anchovies, ginger, chilli** and a handful of chopped **parsley** and gentle simmer until the anchovies are almost paste like. Add the **garlic** now so it doesn't burn
3. Add the **white wine, tomato paste** and cook off the alcohol
4. Add the **halved tomatoes** and taste for seasoning. You probably wont need any salt as the anchovies have a lot
5. Finally add the **de-veined prawns** (They are cooked when they go pink)
6. The sauce should be a bit watery – don't worry. If you have cooked it on too high a temperature add a little bit of water from the pasta pot. You need the watery sauce to prevent the pasta from sticking
7. Drain the pasta and transfer it to the pan with the prawns and sauce and toss whilst the heat is on
8. Serve immediately and add fresh **parsley** and a squeeze of **lemon juice**
9. Bon appetito!



“
Its quick tasty dish. Great for carb loading or post run when you want something yummy. And which runner doesn't like pasta right?
”

No Fish & Chips

SERVES 3-4
■■■■



Perry Stock
East Sussex
@perryruns

Ingredients

	<i>Marinade</i>	<i>Batter</i>
Firm Tofu 280g	1 lemon	200g plain flour
A few sheets of Nori	200ml water	50g corn flour
4 large potatoes	Tablespoon Mirin	Pinch of salt
Vegetable Oil for deep frying	Tablespoon caper brine	Pinch of black pepper
Ketchup	Teaspoon of salt	About 250ml Ale
Vinegar		
2 Lemons		
Salt		

Method

1. Press the **tofu** between 2 plates for about 1/2hr to squeeze out the excess water. Then drain away the water
2. Slice **tofu** into 8 squares
3. Make the marinade by putting 200ml of **water**, the **caper brine** and the **Mirin** into a bowl and stir
4. Place **tofu** in the marinade fully submerged
5. Peel & cut **chunky chip style pieces**, put in a large saucepan, fill with water and boil for 5 mins
6. Take the potatoes out and put them on a clean tea towel and let them dry
7. Make the batter
8. Put the **flour**, **corn flour**, **salt** and **pepper** into a bowl and mix together, then slowly add the **ale**, stirring as you go, keep stirring until there are no lumps
9. Cut the **Nori** to fit the tofu on the top side, drain the marinade and rest the Nori on each piece of tofu, the Nori should become wet and rest naturally on the tofu
10. Heat the oven to 180 °C
11. Put the **vegetable oil** into a pan, about 2/3 full and turn the heat up high to about 140°C. To test, put a small chip in the oil, when it floats to the top the oil is ready. Put the chips in the pan, (in batches if needed) for 3-4 minutes, then take them out and rest on a baking tray. Turn the heat up to around 180°C. Then repeat the cooking process. Remove after 3 to 4 mins then put them in the heated oven to keep them warm, turn the oven to 100°C
12. With the oil at about 180°C. Take the Tofu and Nori and cover them in the batter, drop them in carefully. (Again in small batches) and remove them when the batter has turned golden, best to use a slotted spoon for removing both the chips and the tofu. Drain on a kitchen towel
13. When all are done plate up the chips and the tofu. I suggest adding a **vegan Tartare sauce** and **mushy peas** also. Remember to use the **lemons** on the Tofu



“
A vegan fish & chips that is great after a long run or a Friday night treat.
”

Za'atar Crusted Tiger Prawns


with Bulgur Wheat, Pomegranate and Herb Salad with a Citrus Vinaigrette

SERVES 4



Frances O'Brien

London

 @franobrien_88

Ingredients

20 raw Tiger prawns	<i>For the salad:</i>	<i>For the dressing:</i>
2–3 tbsp olive oil	100g bulgur wheat 1 red onion	1 lemon
3–4 tbsp za'atar	1 tbsp olive oil	1 orange
1/2 tbsp plain flour	1 pomegranate	5 tbsp olive oil
Salt and freshly ground black pepper	1/2 cucumber	Pinch of ground sumac
	1/2 bunch of dill	1/2–1 tsp clear honey
	Bunch of flat-leaf parsley	<i>To serve:</i>
	1/4 bunch of mint	1 lemon

Method

1. Peel and clean the **prawns**, leaving the tail tip intact, then set aside in the fridge
2. For the salad, prepare the **bulgur wheat**. When tender, drain well and scatter over a tray lined with kitchen paper, then cover with kitchen paper to absorb the moisture
3. Meanwhile, halve, peel and finely slice the **onion**. Heat the **olive oil** in a frying pan over a low heat and add the **onion**. Cook gently until the onion is just starting to soften, then increase the heat and allow it to brown a little. Remove from the heat, drain the onion of excess oil and transfer to a large bowl
4. Halve the **pomegranate** and extract the **seeds**. Cut the **cucumber** in half lengthways, deseed by scraping the length with a teaspoon, then finely dice. Pick the **herbs** into bite-sized sprigs or very coarsely chop. Add all these ingredients to the onion
5. Once the bulgur wheat is dry, add it to the bowl. Cut the **lemon** into wedges and reserve for serving
6. For the dressing, juice the **lemon** and **orange**. Mix 1 tbsp of each with the **olive oil**, **sumac**, **honey** and **salt** and **pepper** to taste. Whisk to combine, then set aside
7. Heat 1 tbsp **olive oil** in the frying pan over a medium heat. Mix the **za'atar** and **flour** with some **salt** and **pepper** in a large bowl. Dry the **prawns** and add them to the bowl. Toss in the za'atar mix to coat
8. Fry the **prawns** in batches until pink and the tails have curled, 3–4 minutes
9. Add the **dressing** to the salad and toss together. Divide the salad between 4 shallow bowls and arrange the prawns on top. Serve with the lemon wedges



“ Prawns are a great source of protein so this is the ideal dish post-run. Prawns also contain selenium, which boosts your immune system. This is particularly important during the cold months mid-pandemic. ”

Easy Peasy Aubergine And Chickpea Curry

SERVES 4

★★★★



Claire Jones

Mumbles

@Claire5431

Ingredients

- | | |
|--|---|
| 1 diced onion | 400ml veg stock |
| 2 chopped garlic cloves | bag of spinach |
| 1 thumb of grated ginger | 2 handfuls of cashew nuts |
| rapeseed oil | spices |
| 1 diced aubergine | (1 heaped teaspoon each |
| 1 can of chickpeas | of cumin, coriander, garam masala, |
| 1 tin chopped tomatoes (or 2 big handfuls of halved cherry tomatoes) | turmeric plus half teaspoon of cayenne or a chopped chilli) |

Method

- Heat a splash of **rapeseed oil** in a saucepan and cook the **onion, garlic** and **ginger** for a few minutes
- Add the **spices** and cook for 2 minutes
- Then add the **aubergine, chickpeas, tomatoes** and **cashews** and cook for a couple more minutes
- Add the **stock** and cook for 10-12 minutes so the aubergine softens and then mix in the bag of **spinach** till it wilts
- Serve with **rice** or **poppadoms**, a dollop of **yoghurt**, a squeeze of **lime** and some spicy **chutney**



“

A healthy and delicious post-run meal with protein from the chickpeas and anti-inflammatory benefits from the turmeric. This is healthy, warming and comforting and my teenagers love it... even though they don't think they like aubergine!

”

Roasted Vegetable Pasta

SERVES 4
■■■■



Eva Humphries
Nottingham
@wholefoodwarrior

Ingredients

- | | |
|---|-------------------------------------|
| 1/2 aubergine, cut into chunks | A couple of sprigs of fresh thyme |
| 1 small courgette, thickly sliced | 200g of passata (or chopped tomato) |
| 1 red onion, roughly chopped | 100g sundried tomato |
| 1 stick of celery, roughly chopped | Sea salt and black pepper to season |
| 1/2 - 1 pepper of any colour, roughly chopped | Rapeseed oil for roasting |
| 2 medium carrots, roughly chopped | Pasta to serve |
| 2 cloves of garlic, peeled but left whole | A handful of fresh basil (optional) |

Method

1. Preheat the oven to 180°C
 2. Pop all of the **veggies**, apart from the passata & sundried tomatoes, on a roasting tray
 3. Drizzle with **rapeseed oil**, season with a pinch of **sea salt** and scatter over the **thyme**
 4. Stir to combine and roast for 30 minutes until the vegetables are cooked
 5. Cook the pasta according to packet instructions and drain, reserving a couple of tablespoons of the pasta water
 6. To make the sauce, transfer the roasted veggies to a blender whilst still hot, add the **passata** and **sundried tomatoes**, around 1/2 teaspoon of **sea salt** and lots of **black pepper**
 7. Blend until it is completely smooth
 8. Check the seasoning and add more if needed
 9. Combine the pasta, sauce and pasta water, stir well then divide between plates
 10. Serve with a few fresh **basil leaves** scattered over the top
- The sauce freezes well, just freeze it before adding the pasta*



“
Veggies contain a whole host of vitamins and minerals that we should be getting more of. This roasted vegetable pasta sauce “hides” tonnes of veggies and makes them into a super tasty sauce. Make a big batch and freeze it for when you have less time to cook.
”

Super Squash & Lentil Curry

SERVES 2



Rachel Gabe
Hertfordshire
@rachel.gabe01

Ingredients

- | | |
|--|--|
| 200g Red Lentils | 1/2 tsp Ground Coriander |
| 1/2 Butternut Squash (cut into 2cm chunks) | 1/2 tsp Ground Cumin |
| 600ml Vegetable Stock | 1/2 tsp Cayenne Pepper |
| 10 Baby Plum tomatoes (finely chopped) | Salt and Pepper to season |
| 1 onion (finely chopped) | Tbsp vegetable oil |
| 1 Garlic clove (crushed) | Small bunch of Fresh Coriander |
| 1/2 tsp Turmeric | Serve with Wild Rice and Sour Cream (Optional) |

Method

- Put the **lentils** in a bowl and soak in cold water for 15mins
- Place a saute pan over a medium heat and add the **vegetable oil** followed by the **onion** and **garlic**. Cook for 5 minutes until softened
- Add the **squash** and **spices**, bring to the boil then turn down the heat and allow to bubble for a further 10 minutes until the squash starts to soften
- Drain the **lentils** and run under briefly run under cold water to remove residue
- Add the **chopped tomatoes** and **stock** followed by the lentils. Allow to bubble for a further 20 minutes until the lentils and squash are soft
- Stir in the **chopped coriander** and serve
- Serving suggestions; Serve with **Wild rice** and **Sour Cream** and/or **Naan Bread**



“
A meal that is full of plant based fibre and protein with the added punch of antioxidants. A great meal post run.
”

Masca Pasta!

SERVES 4



Kate Bradley
Sun North Cornwall
@_katiebradley

Ingredients

1 courgette
1 red pepper
1 red onion
6 Lina McCartney vegetarian sausages
Dried sage
1/2 tub mascarpone

2 tins chopped toms
A squeeze tom purée
400g fusilli whole wheat pasta
Chilli flakes
Salt and pepper
Olive oil

Method

1. Dice the **vegetables** as small as you can then leave to the side.
2. Ignore the packet - these **sausages** need cooking in a frying pan, with a little **oil** and a sprinkling of dried **sage**.
3. While the sausages get going, add the diced **vegetables** to a large hot pan with a little **oil** and a 1tsp **chilli flakes**.
4. Stir and toss both of these quite regularly until the vegetables are softened and the sausages are browned. It will take around 10 minutes.
5. Meanwhile, flick a full kettle on and get your **pasta** ready to go. If you have the space, get the pasta on a few minutes before the other bits are ready, if not you can wait until the sausages are done and then take up that spot. Roughly chop the sausages and leave to the side.
6. Next, make a well in the middle of the vegetables and dollop in the **mascarpone**. Mix this quickly and it will become a sauce and then it's time to follow in with the first tin of **chopped toms**. In the same pan, add in the sausages and mix everything well.
7. Once the pasta is done, drain it and add it in too. Again, stirring very well. At this point it is up to you to add another tin, or just half of chopped toms. It can be as saucy as you want!
8. Once it is all well mixed and heated through then you are ready to go!
9. This can be made as spicy as you want. Or, you can forget the chilli, and sub in fresh or dried herbs for a different take on it. I'd also say I always mix up the vegetables based on what it in the fridge! The last time I did it, I added chopped mangetout at the last minute for added crunch.



“
This is such a go-to dish for refuelling and
nourishing after a long run.
”

Sweet Treats & On The Run Snacking

Ultra Jacks

SERVES 4



Matt Bagwell
Brighton, UK
lovetolearnto.com

Ingredients

4 Ripe Bananas	125g Organic dark chocolate drops
280g Oats	100g Pumpkin seeds
60g Unsweetened coconut flakes	100g Dried organic apricots
90g Maple syrup	60g Goji berries
100g Almond butter (or Peanut Butter)	70g Ground almonds
3g Ground cinnamon	20g Sesame seeds"

Method

1. Preheat oven to 350°F (180°C)
2. Melt the **almond (peanut butter)** and **maple syrup** together over a gentle heat in a pan. You may need to add a few tablespoons of **coconut oil**
3. Blitz the **bananas** in blender until creamy
4. Blitz 1/2 (140g) of the **oats** in a blender
5. Transfer the **banana mixture**, **peanut butter** and **maple syrup** into a mixing bowl. Then add the **remaining ingredients** and mix well
6. Pack mixture down firmly into a pan
7. Bake in oven for 15 - 25 minutes. Remove and let cool
8. When cool, cut into bars. Store in an air-tight container or wrap them individually and throw them in the freezer




“
Guaranteed the most powerful
way to fuel a long run!
”

Apple Pie Oatmeal Bars

10 PIECES



Lucy Bartholomew
Melbourne, Australia
 @Lucy_bartholomew

Ingredients

1.5 cups rolled oats	pinch of salt
2 cups any flour (I used wholewheat here)	3/4 cup mashed old banana
2 tsp cinnamon	1/2 cup maple syrup / honey
1/4 tsp nutmeg	2 medium apples sliced into cubes
1/2 tsp ground ginger	OPTIONAL: 1/4 cup chopped walnut/date/ any nut + extra for topping
1/2 tsp baking soda	

Method

1. Preheat oven to 160°C
2. Line a baking tin with baking paper
3. Mix **all ingredients except apples** in a large mixing bowl
4. Press out half the mixture into the tray
5. Add the **sliced apples** and gently press them into the oat layer
6. Then add the rest of the oat mixture on top
7. Sprinkle with **extra nuts** (in the picture I topped it with a **turmeric toasted musli** and some extra cinnamon) and bake for 30-45 minutes or until golden brown and smelling amazing



“
This is a perfect snack to have before
a run, during a run or after a run.
It's simple ingredients, easy to make
and share with everyone.
”

Milk Chocolate & Hazelnut Cookies

MAKES 10-12



Emily North
Woking, Surrey
@im_baking_em

Ingredients

225g unsalted butter	360g self-raising flour
200g light brown sugar	1/2 tsp salt
100g caster sugar (golden is the best but either is fine!)	1 tsp bicarbonate of soda
2 medium eggs (100g)	350g chopped dairy milk
	100g chopped roasted hazelnuts

Method

1. Mix the **butter** and **sugar** until combined. Continue to mix for 5 more mins until it's pale and creamy (it's worth using a mixer here so your arm doesn't get too tired)
2. Add in one **egg** at a time and mix
3. Mix in **flour**, **salt** and **bicarbonate of soda** until combined - try not to overmix!
4. Finally mix in your **nuts** and chopped **dairy milk**
5. Divide your mixture in 10-12 balls and put on a plate or tray in the freezer for at least 30 minutes
6. Heat your oven to 200 °C
7. Line a tray with foil and put your cookies on with room to spread (about 3 cookies per tray)
8. Bake for 8 mins, then turn the tray around in the oven and make for 4 more minutes
9. Here's the hard part... WAIT for at least 20 minutes before eating
10. Enjoy!

Tip: Your cookies can stay in the freezer and be taken out to bake as and when you want them



“
A tasty sweet treat to
reward yourself after a run!
”

No-faff Almond Butter Banana Bread

MAKES 10 GOOD SLICES



Ant Conlin
London
@onefiftyminutes

Ingredients

3 ripe bananas,
3 tablespoons smooth almond butter,
120ml oat milk,
120ml vegetable oil,
1 teaspoon vanilla extract,
300g gluten-free plain flour*

170g soft light brown sugar,
2 teaspoons baking powder,
1/2 teaspoon xanthin gum,
1/2 teaspoon ground cinnamon.
*we use Doves Farm flour

Method

1. Pre-heat the oven to 180°C / 160°C fan / gas 4
2. In a large mixing bowl, mash the **bananas** well with a fork and mix in the rest of the **wet ingredients**
3. In the medium mixing bowl, sieve the **flour** and then mix in the rest of the **dry ingredients**
4. Gradually add the dry mix into the wet mix bowl, stirring gently until everything is well combined
5. Lightly **oil** and line your loaf tin (approx 30x15cm) with baking paper
6. The mixture should be fairly wet so pour/spoon this into the loaf tin
7. Bake on a middle shelf for 45-50 minutes
8. Remove from the oven and check its cooked by inserting a skewer/toothpick into the centre and seeing if it comes out clean. If not, place back in the oven for another 5 minutes. Check again (It'll keep well in an airtight container for around 4 days, but honestly, what are you waiting for?)



“
Gluten-Free, Dairy-Free treats are hard to come by and usually taste a bit like rabbit food. Not anymore. This super easy banana loaf is definitely delicious and a perfect pre-run snack.
”

Lockdown Banana Bread

MAKES 6-10 SLICES



Katie Andrews
Welwyn Garden City
@itskatiefam and @hustlebakes

Ingredients

For a 450g/1lb loaf tin. Double these quantities if you have a 900g/2lb tin:

1 banana, the riper the better

1 tbsp milk

1 tsp vanilla extract

50g butter

75g plain flour

75g caster sugar

1/2 tsp bicarb

1/2 tsp baking powder

1 egg

50g dark chocolate

50g walnuts, pecans or
your other favourite nuts

Peanut butter (optional)

Demerara sugar (optional)

Method

1. Grease and line a 450g/1lb loaf tin (or use a 900g/2lb tin and double quantities) and preheat your oven to 160°C or 140°C fan oven
2. Grab a bowl and mash up your **banana**
3. Add the **milk, butter, flour, sugar, bicarb, baking power** and the **egg**. Mix everything together with a spatula or an electric whisk
4. To avoid chocolate chip sinkage, quickly blitz **chocolate chips** and **nuts** in a NutriBullet or blender for a few seconds, before adding them to the mixture and folding them through
5. Pour the mix into your tin. Some folk like to slice another **ripe banana** and pop it on top. You could also add a couple of teaspoons of **peanut butter** into the mix and swirl it in. I like to add a sprinkle of **demerara sugar** or some extra **chocolate chips**
6. Bake. Timing of cake baking is not an exact science, all ovens behave differently. For the 1lb/450g loaf tins, check it after about 35-40 minutes and give it a few extra minutes if needed. For the larger 2lb/900g tins, you guessed it: It'll probably take a little longer. It's done when a cocktail stick, knife or skewer comes out of the centre of the loaf cleanly!



“
It's the perfect post-run treat, easily customised to personal preference and it lasts a good few days too.
”

