



ENERGISE

ONE-MEAL WONDERS

Easy-to-prepare dishes and recipes fortified with all the necessary nutrients to take the runner from zero to hero!

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MEAL 1: SANDWICH AND SOUP




This humble combination packs a powerful punch for your runs. Choose multigrain or wholemeal bread to give you a lower glycaemic index, which will give you a sustained release of energy over the next 3 to 4 hours. Skip the butter, mayonnaise or margarine as these added fats will make you sluggish. Sandwich fillings can vary from tuna (no mayo, of course), smoked salmon, or even leftovers from dinner; shredded chicken, roast beef or pulled pork. To all sandwiches, add a slice of low-fat cheese for that extra calcium and protein boost. You can be very generous with the fillings as all these protein foods are full of zinc that is required for muscle repair and vitamin B12 that helps iron production. Iron increases red blood cells production, which delivers oxygen to your brain and muscles, thereby improving stamina. Add some tomato, onions and romaine lettuce to your sandwich for antioxidant activity. Choose soups that are either tomato-based or a clear broth because they contain less calories than creamy soups. Soups not only provide fluid but also potassium and sodium. If it contains bits of meat or vegetables such as a minestrone soup or chicken broth, then that is a bonus.

MEAL 2: TEOCHIEW PORRIDGE

Teochew Porridge gives you a wide selection of food choices that is also full of flavour. With porridge being the carbohydrate source, it is easily digestible and the energy that you require for your run will be quickly available. You have to be slightly more discerning when picking your proteins as some of the choices are deep-fried. Pick steamed items such as steamed fish with tomato and ginger or eggs with minced pork. You may also pick the stir-fried dishes such as pork with ginger, chicken in black sauce and even liver with ginger if you need extra iron. All these dishes are sources of protein, zinc, magnesium and iron. You have at least three choices of vegetables: spinach, cabbage, French beans and leeks, just to name a few. All provide fibre, potassium and vitamins for effective muscle contraction and tissue repair.



MEAL 3: FISH HEAD STEAMBOAT

Fish head steamboat is a great meal option to meet your running needs. It is complete with lean proteins from the fish and tofu. Throw in an egg for that protein boost. Not only is it low in fat, the vegetables served are full with antioxidants like, sulphoraphane and flavonoids, vitamins A, C and K, B group vitamins, potassium, selenium and phosphorus. Examples of vegetables are cabbage, lettuce, 'tang oh' (garland chrysanthemum), golden mushrooms, shitake mushrooms and spring onions. It is served with rice and you can even ask for noodles to be added to the flavourful broth. 



RECIPES

PAD THAI

Serves: 2

PREPARATION & COOKING TIME:

15 Minutes

INGREDIENTS

- 125g dried rice stick noodles
- 1 tablespoon olive oil
- 1 clove garlic, crushed
- 2g fresh ginger, grated
- 1 fresh small red chilli, sliced thinly
- 225g chicken thigh fillets, sliced thinly
- 1 tablespoon grated palm sugar
- 1 tablespoon soy sauce
- 1 tablespoon sweet chilli sauce
- ½ tablespoon fish sauce
- ½ tablespoon lime juice
- 2 tablespoons green onions (scallions), sliced thinly
- ½ cup bean sprouts
- ½ cup snow peas
- 1 tablespoon fresh coriander leaves

DIRECTIONS

- Place noodles in a large glass bowl and cover with boiling water. Stand until just tender then drain.
- Heat wok and add in the oil. Add in garlic, ginger and chilli and stir-fry for one minute.
- Add in chicken and fry till chicken is browned all over.
- Add in sugar, sauces and juice. Stir-fry until sauce thickens slightly.
- Add noodles, onion and half of the sprouts to wok. Stir-fry until hot. Sprinkle with coriander and remaining sprouts. Serve.

NUTRITION PANEL

Nutrient	Per Serving
Energy (kcal)	377
Protein (g)	25
Total Fat (g)	10.3
Saturated Fat (g)	2.8
Carbohydrate (g)	55
Dietary Fibre (g)	2.2

CHICKEN & POTATO CASSEROLE

Serves: 2

PREPARATION & COOKING TIME:

55 Minutes

INGREDIENTS

- 1 tablespoon peanut oil
- 1 red onion, quartered
- 1 clove of garlic, crushed
- 350g chicken thigh fillets, chopped into bite size pieces
- 150g baby new potatoes, halved
- 1 medium carrot, chopped coarsely
- 20g plain flour
- ¼ cup dry white wine
- 210g canned chicken consommé
- 125g asparagus, trimmed, cut into 5cm (2-inch) pieces
- 1 tablespoon wholegrain mustard
- ½ tablespoon finely grated lemon rind
- 1 tablespoon coriander

DIRECTIONS

- Heat oil in a large non-stick saucepan. Add in onion and garlic, stir until onion softens. Add in chicken and cook until chicken is browned and cooked through.
- Add in potato, carrot and flour to pan and stir for 5 minutes.
- Add in wine and consommé, stirring until mixture boils and thickens.
- Simmer covered, for about 10 minutes or until potato is tender.
- Add asparagus, mustard and rind to pan and then bring to the boil.
- Reduce heat and simmer until asparagus is just tender. Stir in rind and parsley. Serve.

NUTRITION PANEL

Nutrient	Per Serving
Energy (kcal)	462
Protein (g)	36.7
Total Fat (g)	19.4
Saturated Fat (g)	5.7
Carbohydrate (g)	24.5
Dietary Fibre (g)	6

ASIAN FISH PARCELS

Serves: 2

PREPARATION & COOKING TIME:

25 Minutes

INGREDIENTS

- 100g dried rice stick noodles
- 2 x 150g fish (bream) fillets
- 75g baby bok choy, quartered
- 75g snow peas, sliced thinly lengthways
- ½ tablespoon thinly sliced lemon grass
- 4 kaffir lime leaves, torn
- 1 teaspoon soy sauce
- 1 tablespoon sweet chilli sauce
- ½ teaspoon fish sauce
- 1 tablespoon lime juice
- 1 tablespoon fresh coriander leaves

DIRECTIONS

- Preheat oven to 220°C/425°F.
- Place noodles in a large glass bowl and cover with boiling water. Stand until just tender then drain.
- Divide noodles into 2 equal portions and place each on a large piece of baking paper or foil.
- Top noodles with fish, bok choy, snow peas, lemon grass and lime leaves. Drizzle with combined sauces and juice.
- Enclose fish in baking paper or foil and place on an oven tray.
- Cook fish parcels about 15 minutes or until fish is cooked through.
- Place parcels on serving plates. Open parcels, sprinkle with coriander leaves. Serve.

NUTRITION PANEL

Nutrient	Per Serving
Energy (kcal)	394
Protein (g)	35
Total Fat (g)	4
Saturated Fat (g)	1
Carbohydrate (g)	37.2
Dietary Fibre (g)	21

QUICK FACTS

- One-dish meals should provide 350 to 600kcal per serving to give you a boost of energy. The longer you plan to run, the more calories you should consume.
- If combining ingredients into a pot, use chicken thighs with the bone-in to add more flavour and depth instead of chicken breast.
- Wait at least one hour before you run to give enough time for energy to be released from your food.

