

FUEL UP FOR A SERIOUSLY GOOD SPORT RELIEF

Preparing to participate in the Sainsbury's Sport Relief Mile in 2012? If you're wondering what to eat to fuel up the night before the Mile, or perhaps looking for a delicious well deserved post mile celebratory meal, why not try a recipe featuring Seriously Good sauces, the range developed by Gordon Ramsay to raise money for Comic Relief.

These two nutritionally balanced meals were perfected in consultation with sports nutritionist Anita Bean. The first is rich in carbohydrates to increase energy levels, making it an ideal pre-Mile meal, while the second recipe speeds up muscle recovery with a protein-carbohydrate balance.

What's more, with at least 10p from every jar of Seriously Good contributing to the Sport Relief 2012 total, join in the fun and 'go the extra mile' with your Sport Relief 2012 fundraising efforts.

PREPARE YOUR BODY WITH A PRE-MILE CLASSIC ARRABIATA (Serves 4)

Preparation time: 10mins

Cooking time: 15mins

400g spaghetti
1 jar **Seriously Good Tomato & Red Chilli sauce**
250ml vegetable stock
1 tbsp olive oil
2 cloves garlic, thinly sliced
15g basil, roughly chopped
15g parmesan shavings

1. Cook the pasta according to pack instructions.
2. Meanwhile, tip the jar of sauce and stock into a pan and bring to a simmer. Cook for 10 minutes, stirring occasionally.
3. Heat the oil in a small frying pan and fry the garlic for 1-2 minutes, until golden, then drain on kitchen paper.
4. Stir the basil into the sauce and serve over the cooked pasta with the fried garlic and parmesan.



Nutritional breakdown per serving (based on 4 servings):

435 calories, 8g fat (1g saturates), 13g protein, 79g carbohydrate (8g total sugars), 0.9g salt

This dish is not only quick and easy to prepare, but is ideal for fuelling your muscles before doing your Mile. It contains a medium level of calories yet is high in carbohydrates and low in fat, which means it will provide plenty of energy without weighing you down during your Mile.

CELEBRATE WITH TOMATO AND RICOTTA CANNELLONI (Serves 4)

Preparation time: 10mins

Baking time: 35mins

50g breadcrumbs
25g parmesan, grated
10g parsley, chopped
1 jar **Seriously Good Bolognese & Red Wine sauce**
250g ricotta
250g buffalo mozzarella, diced
100g baby spinach, chopped
250g De Cecco no-boil cannelloni
green beans, to serve



1. Preheat the oven to 200°C/fan 180°C/gas mark 6.
2. Mix half the breadcrumbs with the parmesan and parsley and set aside.
3. Spread 3 tbsp sauce into the base of a large ovenproof dish.
4. In a bowl, mix the ricotta with half of the mozzarella, the spinach and remaining breadcrumbs. Tip into a plastic food bag and seal. Cut a hole in one corner and pipe the mixture into the cannelloni tubes. Layer the filled pasta in the ovenproof dish.
5. Mix the sauce with 150ml water and pour over the cannelloni. Scatter over the remaining mozzarella and top with the crumb mixture.
6. Cover with foil and bake for 20 minutes, then remove the foil and cook for a further 10–15 minutes, until the top is golden. Serve with green beans.

Nutritional breakdown per serving (based on 4 servings):

610 calories, 27g fat (14g saturates), 29g protein, 65g carbohydrate (10g total sugars), 2.1g salt

Celebrate your success by tucking into this dish after completing your Mile. It contains both carbohydrate and protein which will be well deserved to speed muscle recovery and refuel after exercise. It also contains spinach, which makes it a good way of getting extra iron and vitamin C to boost your defences and prepare you for your next sporting challenge.

Seriously Good sauces are available from RRP £1.98 at selected major retailers. At least 10p from every jar goes to Comic Relief all year round, and Gordon Ramsay doesn't get a penny. Visit www.seriouslygood.com.