

ONE-POT WINTER WARMERS

After a long, cold ride, complex cooking's got zero appeal. **Anita Bean's** faff-free recipes are simple, tasty, nutritious and save on washing up too



When you get back after a hard winter's ride, you want something tasty, quick and healthy. One-pot dishes are an ideal solution to post-ride winter fuelling, providing quick sustenance with minimal effort.

It's a simple formula: add your protein source, whole grains and vegetables to one pot, pan or dish, give it a stir (or two) and you've all the nutrients needed for training and recovery. And as you consume everything in the pot, you don't lose any nutrients that leach out during cooking. As an added benefit, using only one pan, pot or dish means there's less washing up afterwards.

These six plant-based recipes take 30 minutes or less to prepare and just require the occasional stir. Knowing you have a delicious, nutritious one-meal waiting when you get back from a long ride will give you added motivation to train through winter.



RED LENTIL DAL ▼ SERVES 4

Dal is warming, full of flavour and a tasty way of getting lots of fibre that's so important for nurturing the gut microbiota and supporting healthy immunity. It also supplies plenty of plant protein, carbs, iron and magnesium: key ingredients for post-ride recovery.

- 1 tbsp olive or rapeseed oil
- 1 onion, finely chopped
- 1 tsp cumin seeds
- 2 garlic cloves, crushed
- 5cm piece fresh root ginger, peeled and grated
- 1 red chilli, deseeded and finely sliced, or to taste
- 1 tsp turmeric
- 1 tsp garam masala
- 200g red lentils
- 500ml hot water
- 400ml can light coconut milk
- 6 dried apricots, roughly chopped
- 100g baby spinach
- 50g cashew nuts
- Juice of ½ lemon
- A small bunch of fresh coriander, chopped
- Salt and freshly ground black pepper

1. Heat the oil in a heavy-based pan over a medium heat. Add the onion and fry for 4-5 minutes until translucent.
2. Stir in the cumin seeds, garlic, ginger, chilli, turmeric and garam masala. Cook for another minute, stirring continuously.
3. Add the lentils, hot water, coconut milk and apricots; bring to the boil, cover and reduce to a simmer.
4. Cook for about 20 minutes, stirring occasionally. Turn off the heat and stir in the spinach (it will wilt down and cook in the heat of the pan).
5. Stir in the cashew nuts and lemon juice and season with salt and freshly ground black pepper. Finally, stir in the fresh coriander. Serve with basmati rice or chapatis and a swirl of plain yoghurt.

Nutrition per serving including 50g (dry weight) basmati rice:
593kcal • 25g protein • 13g fat (2g saturates) • 85g carbs (14g total sugars) • 18g fibre



THREE-BEAN CHILLI ▲ SERVES 4

This warming chilli has all the nutrients you need to recover after training. Beans contain plenty of protein and carbohydrates to refuel glycogen stores, while tomatoes provide lycopene for heart health and the beta-carotene in carrots supports good eye health. Plus, it's full of fibre that feeds the beneficial microbes in your gut and supports the immune system.

- 1 tbsp olive or rapeseed oil
- 1 small onion, finely chopped
- 1-2 garlic cloves, crushed
- ½-1 tsp chilli powder, or to taste
- 1 tbsp sweet paprika
- 1 tsp dried oregano
- 1 tsp ground cumin
- 2 celery sticks, finely sliced
- 2 carrots, diced
- 100g mushrooms, chopped
- 2 x 400g cans chopped tomatoes
- 2 tbsp tomato purée
- 300ml vegetable stock
- 400g can red kidney beans, drained and rinsed
- 400g can black beans, drained and rinsed
- 400g can chickpeas, drained and rinsed
- Salt and freshly ground pepper, to taste

To serve:
■ A handful of fresh parsley, chopped
■ 200g Basmati rice (cooked according to packet instructions)

1. Heat the oil in a large non-stick pan over a medium heat. Add the onion and fry for 3-4 minutes until translucent.
2. Add the garlic, chilli powder, paprika, oregano and cumin and cook for a further one minute. Add the celery, carrots and mushrooms and cook for 1-2 minutes.
3. Tip in the tomatoes, tomato purée, vegetable stock and beans; stir well and bring to the boil. Reduce heat and simmer for 20 minutes until the vegetables are tender and the flavours have blended.
4. Season with salt and freshly ground pepper. Sprinkle with chopped parsley and serve with basmati rice and a spoonful of dairy or soya yoghurt.

Nutrition per serving including 50g (dry weight) basmati rice:
593kcal • 25g protein • 13g fat (2g saturates) • 85g carbs (14g total sugars) • 18g fibre

BLACK BEAN, BUTTERNUT AND CAULIFLOWER CURRY ▼

SERVES 4

This curry provides a perfect balance of carbohydrate and protein, along with high levels of phytochemicals that promote post-exercise muscle adaptation. Black beans are rich in protein and contain lots of prebiotic fibre that provides food for your 'good' gut bacteria. Roasting the vegetables before adding to the curry sauce intensifies the flavour but skip this step if you wish and add the veg with the tomatoes and beans, then cook for 25 minutes.



- ½ butternut squash (approximately 500g), peeled and cut into 1cm cubes
- 1 small cauliflower (approximately 600g), cut into florets
- 2 tbsp olive or rapeseed oil
- 1 onion, finely chopped
- 1 tsp cumin seeds
- 2-3 garlic cloves, crushed
- 2-3 cm piece fresh root ginger, peeled and grated or finely chopped
- ½ fresh red chilli, deseeded and finely chopped, or to taste
- 1 tsp ground coriander
- ½ tsp ground turmeric
- ½ tsp sweet paprika
- 2 tsp garam masala
- 200g canned chopped tomatoes
- 250ml water
- 200ml canned coconut milk
- 2x 400g cans black beans, drained and rinsed
- A large handful of fresh coriander, chopped
- Juice of ½ lemon
- Salt and freshly ground black pepper, to taste

To serve:
50g flaked almonds, toasted

1. Preheat the oven to 200°C/fan 180°C/gas mark 6. Place the prepared butternut squash and cauliflower on a baking tray and sprinkle over a little salt and pepper.
2. Add a tablespoon of the oil and toss so all vegetables are well-coated. Roast in the oven for 20-25 minutes.
3. Meanwhile, heat the remaining oil in a large pan over a low to moderate heat. Add the onion and fry for 3-4 minutes until softened. Add the cumin seeds, garlic, ginger and chilli and fry for one minute. Stir in the remaining spices and fry for a further minute.
4. Add the canned tomatoes, water, coconut milk and beans. Bring to the boil, then simmer for 10 minutes.
5. Stir in the roasted vegetables and heat through. Add the coriander and lemon juice and season to taste. Scatter over the flaked toasted almonds and serve with a spoonful of yoghurt.

Nutrition per serving
518kcal • 23g protein • 24g fat (9g saturates)
44g carbs (15g total sugars) • 16g fibre

CHICKPEAS WITH SPINACH AND POTATO ▶

SERVES 2

Chickpeas and spinach are one of my favourite ingredient combinations – I'd probably put these in all my meals if I could! Here, I've teamed them with potatoes for an extra carb boost, useful if you'll be working out the next day.

- 1 tbsp olive or rapeseed oil
- 1 onion, chopped
- 1 garlic clove, crushed
- 1 red pepper, deseeded and chopped
- 2 medium potatoes, peeled and cut into 2cm chunks
- 400g tinned chopped tomatoes
- 250ml vegetable stock
- 400g tinned, rinsed chickpeas
- 125g baby spinach
- 50g Cheddar, grated (optional)

1. Heat the oil in a non-stick pan, add the onion, garlic and red pepper, and cook over a moderate heat for five minutes.
2. Add the potatoes, tinned tomatoes, vegetable stock and chickpeas, stir then bring to the boil. Lower the heat and simmer for 20 minutes, stirring occasionally.
3. Stir in the spinach, cover and continue cooking for a few minutes until the spinach is wilted.

Nutrition per serving (with cheese):
557kcal • 24g protein • 19g fat (7g saturates) • 63g carbs (15g total sugars) • 17g fibre



BUTTERNUT SQUASH & PEA RISOTTO WITH PARMESAN AND PINE NUTS ▼

SERVES 2

This is a perfect refuelling meal after an endurance workout. It contains a four-to-one ratio of carbohydrate to protein so will restock muscle glycogen stores as well as promote rapid muscle recovery.



- 1 tbsp olive oil or rapeseed oil
- 1 small onion, chopped
- ¼ - ½ red chilli, finely chopped (optional)
- 1-2 garlic cloves, crushed
- 125g Arborio (risotto) rice
- ½ small butternut squash, peeled, seeds removed and cut into 2cm cubes
- 400ml hot vegetable stock (or 1 ½

- teaspoons vegetable bouillon dissolved in boiling water)
- ½ tin (200g) red kidney beans
- 125g frozen peas
- 25g freshly grated vegetarian parmesan
- 25g pine nuts
- Freshly ground black pepper
- Parmesan shavings

1. Heat the olive oil in a large heavy-based pan and cook the onion over a moderate heat, stirring frequently, for about three minutes. Add the chilli and garlic and continue cooking for about one minute.
2. Add the rice and continue cooking for 1-2 minutes, stirring constantly until the grains are coated with oil and translucent.
3. Add the butternut squash and half of the hot vegetable stock, then bring to the boil. Reduce the heat and simmer gently until the liquid is absorbed (should take about five minutes).

4. Add the remaining stock, a ladleful at a time, stirring and continue to simmer until the rice is almost tender (should take about 15 minutes).
5. Add the red kidney beans and peas and continue cooking for a further 5 minutes. As a guide, the total cooking time should be around 25 minutes.
6. Remove the pan from the heat. Stir in the grated parmesan and pine nuts and season with lots of freshly ground black pepper. Serve with parmesan shavings and extra black pepper.

Nutrition per serving
613kcal, 21g protein, 20g fat (4g saturates), 81g carbs (11g total sugars), 14g fibre



PAD THAI WITH CRISPY TOFU ▲

SERVES 2

Perfect for fuelling your workout, this nutritious combination of noodles, tofu and colourful vegetables provides plenty of carbohydrate and protein. It also gives you your entire daily requirement for vitamin C.

- 150g rice noodles
- 2 tbsp sesame or rapeseed oil
- 160g marinated tofu, drained and cut into 2cm cubes*
- 4 spring onions, sliced
- 1 garlic clove, finely chopped
- 2cm piece fresh root ginger, grated
- ½ red chilli, deseeded and sliced, or to taste
- 1 red pepper, deseeded and sliced
- 2 large handfuls (about 100 g) beansprouts
- 100g pak choi (Chinese cabbage), sliced
- 1 tbsp tamari (Japanese soy sauce) or soy sauce
- 1 tbsp sweet chilli sauce
- Juice of ½ lime

1. Cook the noodles according to the pack instructions. Drain and set aside.
2. Heat half the oil in a wok or large non-stick pan over high heat and fry the tofu cubes for about two minutes on each side, until golden all over. Set aside.
3. Heat the remaining oil over a high heat and fry the spring onions, garlic, ginger, chilli and red pepper for 2-3 minutes.

4. Add tofu and lime juice. Heat through.
5. Divide between two bowls and scatter over the peanuts and coriander to serve.

Nutrition per serving

455kcal • 21g protein • 19g fat (3g saturates) • 48g carbs (9g total sugars) • 6g fibre

WINTER NUTRITION

Anita Bean's top tips for cold-weather fuelling

- Be organised. If you have a long ride planned, ensure you have your recovery meal planned and ready to go as soon as you get back.
- Consider buying an insulated bidon and filling it with (warm) sweet tea instead of water.
- When you exercise in the cold, you burn through carbohydrate stores more quickly. Ensure you consume at least 30-60g carbs every hour on the bike to stave off early fatigue.
- Winter means less exposure to vitamin D-producing sunlight, which is vital for bone, muscle and immune system health. Take a vitamin D supplement of at least 10 micrograms daily.
- Aim to eat at least 30 different plants a week. They're rich in fibre, essential for gut health which in turn is crucial for regulating our immune defences and warding off colds and respiratory illnesses.
- Add brightly coloured fruit and vegetables in your meals. They are high in flavonoids which help support our immune systems.

Recipes extracted from *The Vegan Athlete's Cookbook* and *The Vegetarian Athlete's Cookbook* by Anita Bean.

Anita Bean is a former British bodybuilding champion turned sports nutritionist and cookbook author.

She has worked with, among others, the British Olympic Association, London Marathon, Swim England and RideLondon.

