

Food for faults

EATING AFTER INJURY ▶ “Food is as vital to recovery as treatment,” says Luke Taylor, a London-based nutritionist. Here’s a fix-it menu for two, devised by celebrity chef Calum Watson:

STARTER GRILLED SARDINES ON TOAST, WITH PARSLEY, LEMON AND GARLIC

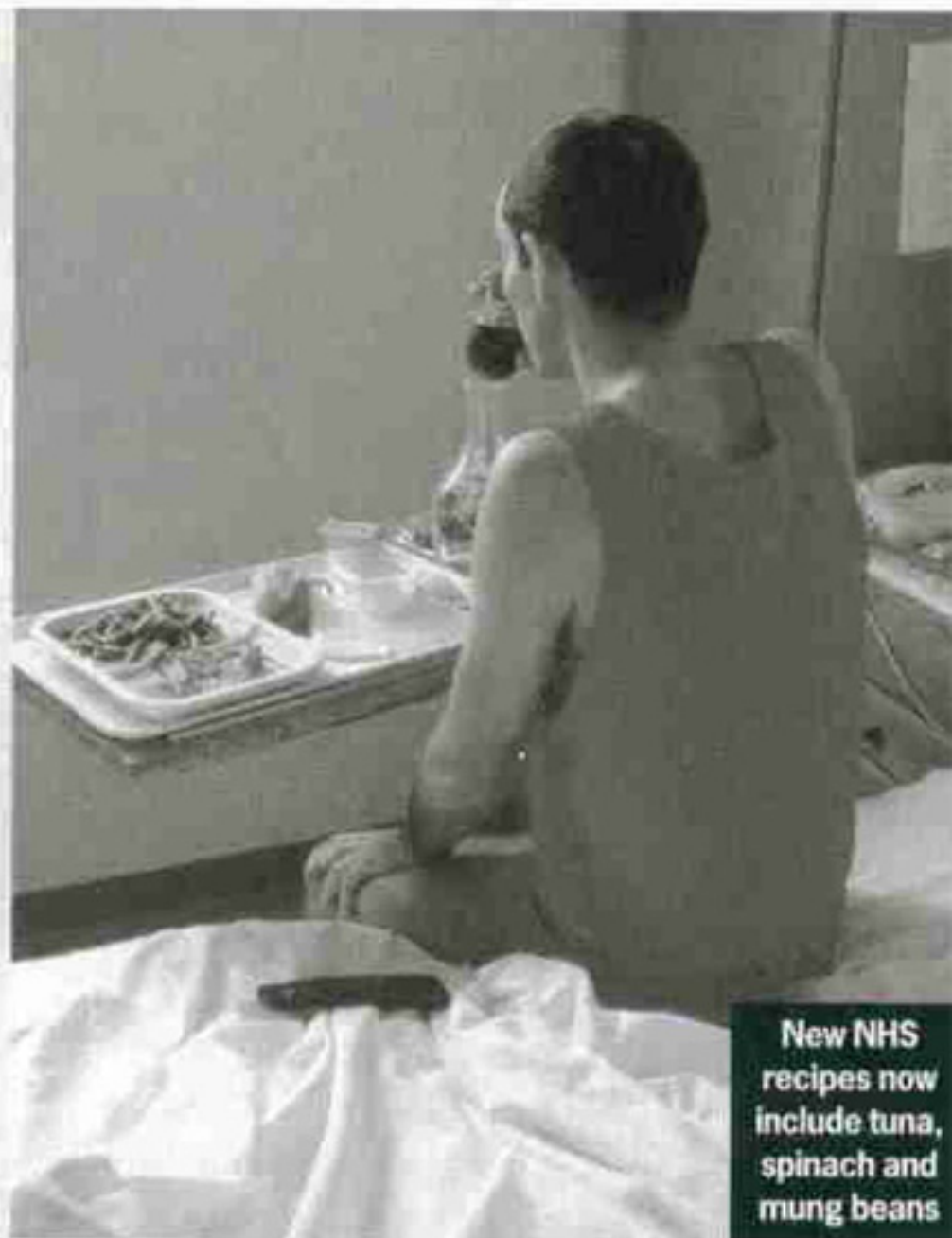
Why? ▶ “Fish’s high calcium helps maintain bone strength and relieves muscle cramps,” says Taylor.

To make ▶ Baste 12 fresh sardines with olive oil (ideally garlic-infused, such as Belazu, £3.39, from Sainsbury’s), leave for 30 minutes, then grill for three minutes on each side. Slap on toast with chopped parsley and a wedge of lemon.

MAIN SEARED CALVES’ LIVER WITH SPINACH, BROWN RICE AND LEMON

Why? ▶ Liver’s a mega source of vitamin A. “It’s superb for repairing skin, healing bruises and lacerations,” says Taylor. “Brown rice is an ideal complex carb to supply glycogen to muscles.”

To make ▶ Pour some olive oil into an oven-proof dish and add 115g of boiled rice. Then stir in a chicken OXO cube mixed in 225ml of water. Whack it in the cooker on gas mark 6/200°C for



New NHS recipes now include tuna, spinach and mung beans

30 minutes. Salt and pepper two pieces of liver and grill. Toss the spinach in simmering water for five minutes. Serve with lemon and the rice.

DESSERT MEDITERRANEAN YOGHURT WITH COMPOT OF BERRIES

Why ▶ Yoghurt boosts your immune system. “Dark berries improve the flow of nutrients to blood, aiding speedy recovery,” adds Taylor.

To make ▶ Dollop a spoonful of Total Greek Yoghurt (150g, 59p from supermarkets) and top with dark-berry fruit compot (39p, from Sainsbury’s).