

BE A GOOD SPORT!  BE A GOOD SPORT!  BE A GOOD SPORT!

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SPORT!  BE A GOOD SPORT!  BE A GOOD SPORT!

BE A GOOD COOK!
YOUR TASK GUIDE



BE A GOOD COOK

Being good to your body includes moving more, and eating well. But who said healthy food has to be boring?!

Check out this brilliant

PATATAS BRAVAS RECIPE

from our friends at Sainsbury's!

Ingredients:

- Baking potatoes
- 2tbsp olive oil
- 1 loose white onion (get an adult to help finely slice this)
- 3 cloves Sainsbury's garlic (1 crushed and 2 whole)
- 2 tsp Sainsbury's smoked paprika
- 1 Hubbard's Foodstore chopped tomatoes
- 30g Sainsbury's freshly packed parsley (get an adult to help finely chop this)
- 2 loose courgettes
- 100g Sainsbury's fresh soured cream

All the ingredients can be picked up at Sainsbury's.

Method:

1. Preheat the oven to 190c.
2. Use a fork to prick the potatoes all over. Drizzle 1/2tbsp of the oil over the potatoes and place them on a baking tray. Get an adult to help you put the potatoes into the oven. Bake for around 55 minutes or until crispy on the outside and soft on the inside. For the last 20 minutes of cooking, add the 2 whole garlic cloves to the baking tray.
3. Whilst the potatoes bake, get an adult to help you heat 1/2 tbsp olive oil in a saucepan over a low heat. Add the sliced onions and cook for 10 minutes or so, until soft. Add the crushed garlic and cook for another 2 minutes. Stir in the paprika and cook for another 1 minute, before adding the chopped tomatoes. Bring to a gentle simmer and cook until thickened. Turn off the heat and half of the chopped parsley.
4. Get an adult to help you cut the courgettes into quarters longways and remove the larger seeds. Using a peeler carefully peel the courgette lengths into long ribbons. Pop the courgette 'ribbons' into a bowl with the rest of the olive oil and some pepper. Give it a mix.
5. Remove the skin on the cooled, cooked garlic. Crush and mix in with the sour cream.
6. Get an adult to help you to cut the cooked potatoes open. Fill them with the tomato mixture. Top with some of the sour cream and a sprinkle of parsley. Serve with the courgette ribbons
7. Enjoy!



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INSPIRED?

To complete your 'Be a Good Cook' task:

Whether you're a master-chef or a sandwich superstar, this week's challenge is your chance to cook up a storm! Simply whip up the recipe above, or one of Sainsbury's other carefully selected recipes, record what you've done on your activity checklist (before you eat it!) and tick that box! ✓

Go on, Be a Good Sport!



If you're interested in cooking more, you can find additional recipes at:

WWW.SAINSBURYS.CO.UK/GOL-UI/RECIPES



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