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20TH ANNIVERSARY YEAR

CLAPHAM BATTERSEA FULHAM

time & leisure

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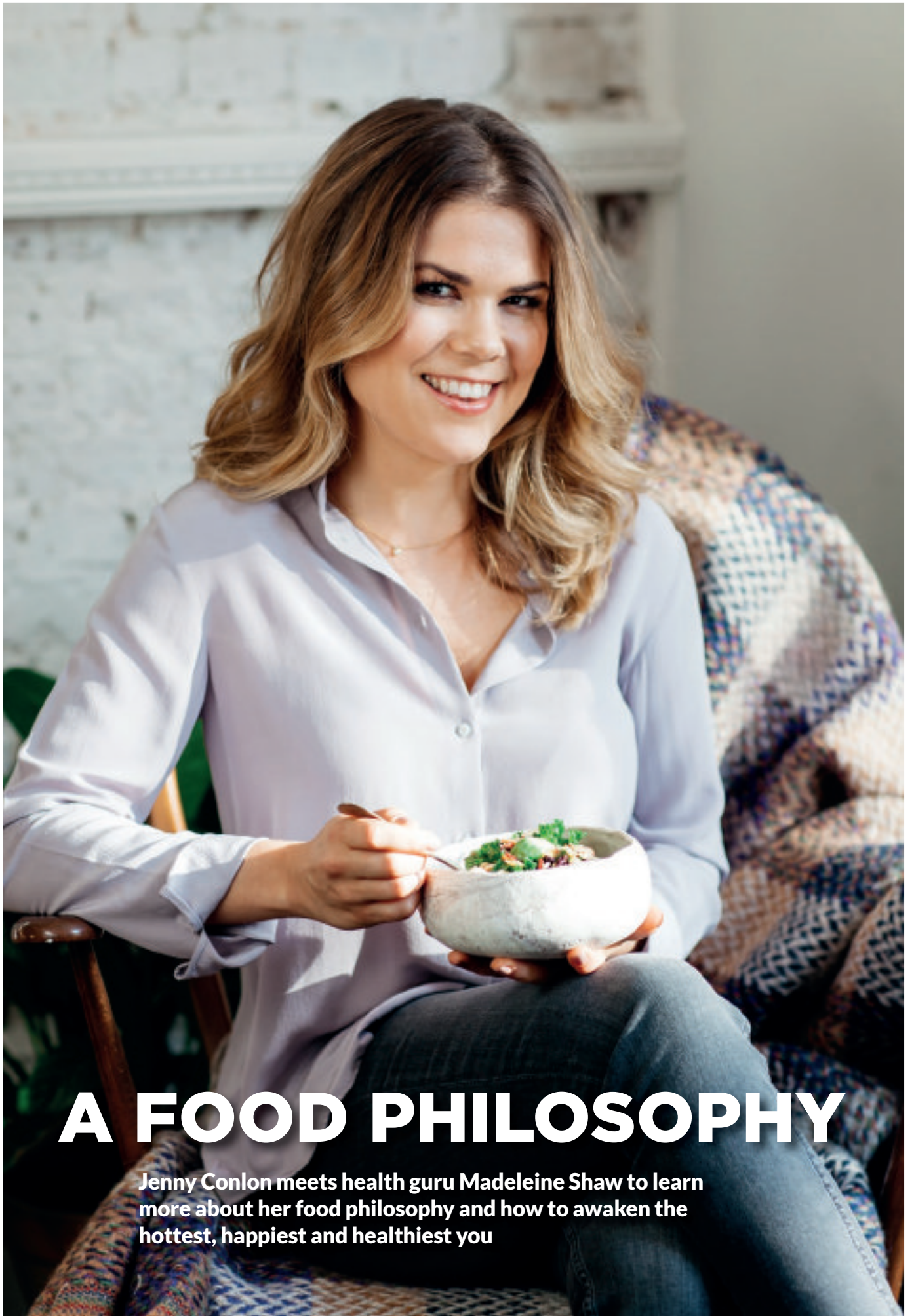
**CLAPHAM
HIGH
STREET**
NIGHT AND DAY


**FOOD
LOVERS!**
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GET THE GLOW

MADELEINE SHAW'S GUIDE TO HEALTHY EATING

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A FOOD PHILOSOPHY

Jenny Conlon meets health guru Madeleine Shaw to learn more about her food philosophy and how to awaken the hottest, happiest and healthiest you

“I needed to **eat** good fats and meat and **good** quality **vegetables** and that completely changed my diet and made such a **huge difference** to my energy levels ”

I have followed Madeleine since the start of her career and have attended a few of her inspiring supper clubs, so it was a real highlight to meet up with her over a ginger tea to find out how to get the glow that emits from her the moment we meet.

Her passion for a healthy lifestyle was born in Australia where she moved to attend university when she was 18. “When I was there I had really bad digestive problems and I was always bloated and never had any energy. I thought I was eating healthily, but when I went to see a naturopath she told me everything I was eating was totally wrong. She told me I needed to eat good fats and meat and good quality vegetables and that completely changed my diet and made such a huge difference to my energy levels. I wasn’t bloated anymore”.

During her time in Australia she ate in one particular organic café so often that they offered her a job. “I worked in a café for a few years and I started posting pictures of what I was making on Facebook and then a girlfriend of mine suggested I set up a blog, which I did. That was four and a bit years ago. I studied a health coaching course at the Institute of Integrative Nutrition and started health coaching clients and then came the books, it was a slow process. I love what I do and I feel very grateful”.

What’s most attractive about Madeleine’s recipes is that they’re simple and you can buy the majority of ingredients in the leading supermarkets. “I want the ingredients to always be accessible, my recipes are quite simple in the sense that there’s not too many ingredients. I’m not a chef, I’m a cook so I want to make them simple so people will end up enjoying them”.

Discussing the main driving force and inspiration for her delicious recipes she explained, “A lot of it has to do with my readers as social media is like a conversation. I might put up a recipe and someone will ask how you make a healthy korma or something like that. Seasonal produce inspires me so I try and get a seasonal box of produce every week and use everything in it. I eat out quite a lot and I collect menus. I might look at a particular sauce on a menu and try and recreate it. Looking at other recipe books or Pinterest also inspires me”.

Discussing whether she thinks healthy eating is expensive, she explained, “It depends on what you’re comparing it to. I think yes if you’re buying nut butters and raw chocolate but grains and pulses and vegetables are not expensive so I think it’s smart shopping and cooking from scratch. Buying a banana is less than buying a chocolate bar. You can’t put a price on health. It affects everything from how good you are at work to your relationships, to feeling good within yourself and having confidence. Often we put off health when we’re young. I think looking after yourself is important and it starts off with good nutrition”.

On the topic of alcohol, Madeleine explained that people are always curious on this one. “I am not anti alcohol. I think a glass of wine is relaxing, it does have its benefits. I think it’s just the way we drink. I think people drink to get drunk. I think a couple of glasses of wine is nice to enjoy and not beat yourself up. It’s fine in moderation”.

Madeleine’s third book *A Year of Beautiful Eating* is out this month and this one is divided up into seasons. “I wrote it with a seasonal theme in mind as I think it’s the best way of getting the best nutrients packed into your diet. I mean there’s so many foods that come from Australia, which is great, but by the time they hit your plate they’re 3-4 weeks old. Nowadays we are having to eat 3 apples to get the same nutrition as 1 that was grown in the UK and that’s a huge thing. Nutrient packing is key to not over eating and getting the nutrients you need and not wasting food and seasonal food is more tasty. It does not cost as much and I want to get people thinking about what is in season. I want to educate people and get them in the habit of thinking seasonally”.

TRAY-ROASTED COD WITH OLIVES, SMOKED PAPRIKA AND ASPARAGUS

This was the first recipe I tested from this book. It was a lovely spring day, Kieran and I had just gone to the gym and we wanted dinner pronto. The asparagus soaks up all the beautiful flavours of this dish, teamed perfectly with the melt-in-your-mouth cod. This tray-bake dinner is super healthy and it will be on the table in no time.

Serves 4.

Ingredients

- 1½ tsp sweet smoked paprika
- 2 garlic cloves, crushed
- salt and freshly ground black pepper, to taste
- 4 x 150g cod fillets
- 200ml fish or chicken stock
- 200g pitted green olives
- 2 tbsp capers
- bunch of asparagus, trimmed
- 3 tbsp avocado oil or melted butter
- 1 lemon

Method

Preheat the oven to 180°C/350°F gas mark 4.

Mix the smoked paprika, garlic and a pinch of salt and pepper together and rub the mixture into the cod. Then pour the stock into a large roasting tray and scatter in the olives, capers and asparagus. Nestle the cod fillets among the veggies and pour the avocado oil over the fish. Thinly slice the lemon into 1cm slivers and place around the cod fillets. Sprinkle salt over the entire dish and bake for 15–20 minutes, until the asparagus and cod are cooked through. Serve hot.



MADELEINE’S FAVOURITE PLACES

- Clapham** - The Ginger Pig on Abbeville Road and Haven Yoga
- Battersea** - Park Road Kitchen Rotisserie and Deli and Battersea Park for a nice walk
- Fulham** - Boma restaurant, Bayley & Sage and Evolve 353