**Marathon Penguin**

**Raspberry and banana smoothie**

**Ingredients**

**1 small banana, cut into large cubes (can be frozen)**

**50g raspberries**

**50g strawberry hulled and halved or quartered**

**3 tbsp raspberry yoghurt**

**1-2 tbsp honey or to taste**

**Got everything you need?**

**Then let’s get cooking!**

**1. Blend the banana, raspberries, strawberries and yoghurt**

**together.**

**2. Stir in the honey to taste.**

**Marathon Penguin**

**Chicken and broccoli taglatelle**

**Ingredients**

**30g butter**

**1 leek, finely sliced**

**1 clove garlic, finely sliced**

**150g chicken breast, cut into bite-size pieces**

**50g button mushrooms, sliced**

**150ml chicken stock**

**2-3 tbsp double cream**

**30g parmesan, grated**

**150g taglatelle**

**150g broccoli florets**

**2 tbsp chives, chopped**

**Got everything you need?**

**Then let’s get cooking!**

**1. Melt the butter in a frying pan.**

**2. Add the leeks and gently soften for 5-6 minutes.**

**3. Add the garlic and chicken and fry for one minute.**

**4. Add the mushrooms, the chicken stock. Bring up to the**

**boil, and then simmer until the liquid has reduced.**

**5. Add the cream and parmesan and stir until it has thickened**

**slightly, and then remove it from the heat.**

**6. Cook the taglatelle according to the packet instructions.**

**7. Add the broccoli to the pan 3 minutes before the end of**

**cooking.**

**8. Drain and add the pasta and broccoli to the sauce along**

**with the chives and toss together.**

**9. Serve straight away!**