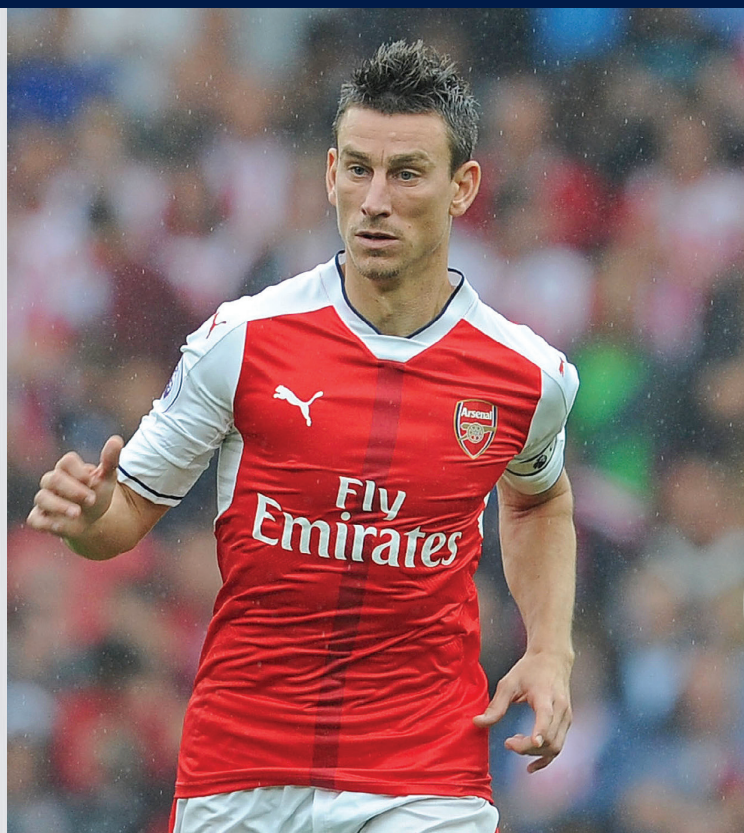


FEEDING A FOOTBALLER

Each month the Arsenal head chef **Christian Sandhagen** tells us what dishes he prepares to help keep the players at the top of their game, and nutritionist **James Collins** reveals the benefits of the menu.



RECIPE OF THE MONTH

Laurent Koscielny likes his fish. Plain and simple, a fish dish is always his preference when eating at the players' restaurant.

"Yes, that's my favourite," the defender told us. He added that he doesn't have a preference for a particular meal, so we asked Christian to cook something that he knows has gone down well with Laurent before.

"Laurent always comes up for lunch and, like Petr Cech, he's a very disciplined eater," the chef said.

"He always goes for fish and vegetables with rice or veg. He always follows it with fruit.

"So here's a healthy and tasty recipe that he loves. It's quick and easy to make as well."



LAURENT'S HALIBUT WITH LENTILS AND SAUCE VIERGE

INGREDIENTS

- 4 halibut fillets (180g each)
- 1 lemon
- 200g puy lentils
- 100g diced pancetta
- 2 tbsp diced carrots
- 2 tbsp diced celery
- 1 diced shallot
- 2 diced gloves garlic
- 1 sprig of thyme
- 800ml roasted chicken stock

For the sauce vierge

- 6 tbsp extra virgin olive oil
- 1 tomato
- 1 lemon
- 1 diced shallot
- 1 tbsp chopped parsley
- 1 tbsp chopped dill
- 1 tbsp chopped chives
- 2 tbsp good-quality balsamic vinegar

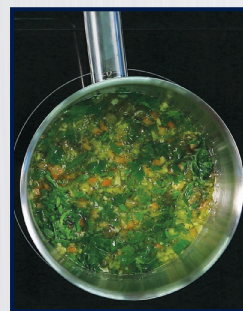


METHOD

- Sprinkle the fish with salt, lemon zest and pepper and leave to marinate for one hour.
- Gently fry the pancetta in a dry pan until golden.
- Remove the excess fat from the pan and gently fry the carrots, celery shallots and garlic until golden.
- Add the lentils, thyme and chicken stock.
- Bring to the boil and simmer for around half hour. Season to taste with salt and pepper and keep warm.
- Pan fry the halibut in olive oil for four to five minutes on each side, then add the lemon juice, remove from heat and leave to rest for five minutes.
- To make the sauce, warm up the olive oil, add the rest of the ingredients and serve.



Have you seen Christian's great recipe videos on Facebook? Head to Arsenal's Official Facebook page to see these recipes come to life.



NUTRITIONAL INFORMATION

Arsenal's resident nutritionist James Collins tells us...



Laurent's recipe is a very balanced recovery meal for lunch or dinner. The lentils provide an excellent supply of slow-release carbohydrate to refuel the muscles.

The halibut is a high-quality source of protein to support muscle repair after hard field or gym training.

The dish is also a great provider of fibre, which is necessary for a healthy gut.

More generally, December means lots of games and limited time for the players to recover.

The food they eat at this time of year becomes very important replenish their energy and to stop their muscles feeling sore, so they're ready for the next match.