

# FUEL YOUR BODY RIGHT FOR A GREAT RACE DAY

**Introducing some great recipes from our good friends Callum Hann and Themis Chryssidis at Sprout who will make sure you are in tip-top condition before and after the Lumary City-Bay Fun Run.**



Whether you're walking, jogging, skipping or running, whether young or not-so-young, a beginner or advanced why not try these Pork & Asian Greens with Egg Noodles after a solid training session or the Lumary City-Bay Fun Run itself.

Remember, the family that trains together stays together. So why not cook together too.

Stay tuned for some more great recipes and great food, diet and hydration tips in the final countdown to the City-Bay.

## **Pork & Asian Greens with Egg Noodles**



### Ingredients: (Serves 4)

100g egg noodles  
1 tablespoon olive oil  
4 garlic cloves, thinly sliced  
thumb-sized piece of ginger, finely grated  
½ bunch of coriander, stems finely chopped and leaves picked  
400g pork mince  
2 bunches of broccolini, cut into 5cm lengths  
1 bunch of bok choy, leaves separated  
2 tablespoons hoisin sauce  
2 tablespoons soy sauce  
2 teaspoons brown sugar  
1 teaspoon sesame oil  
1 teaspoon Chinese 5-spice  
juice of 1 lime  
2 spring onion, thinly sliced

### Method:

1. Bring a large saucepan of water to the boil. Boil egg noodles for 3-4 minutes or until tender. Drain and set aside.
2. Heat oil in a large frying pan or wok over medium-high heat. Add garlic, ginger and coriander stems and cook for a minute or until fragrant. Add pork and stir-fry for 3-4 minutes or until golden brown. Add broccolini and bok choy and stir-fry for a further 2 minutes or until tender.
3. Combine hoisin sauce, soy sauce, brown sugar, sesame oil, Chinese 5-spice and lime juice in a small bowl. Mix until sugar dissolves. Add sauce to the wok, along with the egg noodles, and toss to coat. If necessary, add a splash of water to assist the sauce to coat the noodles.
4. Divide stir-fry between serving bowls, and top with spring onion and coriander leaves.

### Nutrition Information: (Per serve)

**Energy:** 1674kJ (400cal)

**Protein:** 28.5g

**Sodium:** 644mg

**Total Fat:** 17.9g

**Saturated Fat:** 5.0g

**Carbohydrate:** 26.4g

**Sugars:** 7.4g

**Fibre:** 7.1g

For more fresh, local and seasonal recipes check out the [Sprout](#) website!

## GET IN QUICK FOR BIB EXPRESS POSTAGE



Some key dates are fast approaching. **August 21 is the final day for express postage**, meaning if you want your bibs posted to you your registration must be finalised by then.

August 26 will also be the last day for large team entry. If you are apart of a large team and have not resisted yet, you have 2 weeks left to do so!

## HYDRATE WITH MOUNT LOFTY

Welcome Aboard Mt Lofty Springs. We are so pumped to welcome aboard Mt Lofty Springs water as our official water supplier for this year's Lumary City-Bay Fun.

Clearly the best, we are so proud to join forces with another South

Australian company.

All Mt Lofty Springs water is sourced from a naturally free-flowing spring located just below the peak of Mt Lofty. The water comes from aquifers deep below ground level rising through layers of sandstone and bedrock which filter it before it

reaches the surface. This natural filtration process gives the water its unique properties and taste.



## A CALL FOR VOLUNTEERS

**We are calling out to YOU to help us by volunteering during the lead up to the Lumary City-Bay event, on race weekend and, of course, on September 18.**



The Lumary City-Bay Fun Run is all about community. Whether running for charity, promoting a cause, lifting team spirit and building fitness and morale, community is at the forefront. And so are our community-minded volunteers.

We'd really like a little more help, so if your organisation can help please contact [eventmanager@city-bay.org.au](mailto:eventmanager@city-bay.org.au)

Areas we need help in are traffic management (training provided), starting line set up, packing and unloading trucks, marquee set up, putting up barriers and helping distribute bibs at bib collection the three days prior.

## Stay connected with us on our socials!

