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Cook, Eat & Run: fast food for home cooks

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Quick cooking at L'atelier des Chefs

If you're anything like me, you love homecooked food but sometimes find it time-consuming to fit the cooking bit into a hectic after-work schedule of home, kids, exercise, laundry...

So the chance to learn a quick, healthy recipe that's both tasty and simple to recreate at home was very appealing.

L'atelier des Chefs is a new concept in cooking classes that recently arrived in London from France, and deserves to catch on. The cooking HQ, just off Oxford Street in central London, runs a series of day-long cookery courses - great for brushing up specific skills - as well as themed cook sessions of an hour or two.

But what's really interesting to a busy Zestie is the 'Cook, Eat & Run' schedule, which does exactly what it says on the tin: you turn up, spend 30minutes cooking a dish, eat what you've made, and then race back to work. That's lesson and lunch done in an hour - and all you pay is £15. Perfect.

And yes, my delicious plate of grilled mackerel with salsa verde, new potatoes and salad really did take no longer than half an hour from start to finish. And yes, it is definitely a dish I would and could cook again.

Cook, Eat & Run is already proving very popular with people who work in the vicinity: my class was full (maximum 20 people). Our chef instructor was hands on enough that we learned new skills (chef's way to chop garlic, how to de-bone a mackerel fillet), yet bossy enough that we flew through the recipe and were right on time to sit down together at the communal tables to tuck into our creations.

The recipe was perfect food for anyone with an active lifestyle as it took literally minutes to prepare and was packed with goodness and flavour. Cut the quantities and it would also make an impressive starter for a dinner party.

Want to try out the recipe? [Find it here](#). Plus information about [L'atelier des Chefs](#). (Make sure you download the [Recipe Calendar widget](#); it's great!)




L'atelier's Executive Chef Andre Dupin says, 'As the chef at L'atelier des Chefs, I enjoy creating delicious recipes using seasonal, high quality ingredients which are easy to find. This dish can be made within 30 minutes.'

This recipe is from the signature 30-minute 'Cook, Eat and Run' class at L'atelier des Chefs. To learn this recipe and other dishes, please visit the website www.atelierdeschefs.co.uk to book your class, and to learn other dishes to recreate at home.

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