

# Performance Nutrition - Recipe of the week

Meals prepared & cooked in an hour, and for less than £5 per person!



## Chicken, Couscous, & Mediterranean Vegetables

**Performance benefits:** What makes this meal special is the versatility and benefits of the carbohydrate source. Couscous is small-grained pasta usually made from millet, and it is typically used in African & Mediterranean cuisine. It is very easy to cook; just add boiling water and let it stand for a few minutes. This makes it ideal to carry when on camps and competition as a back-up fuel. In addition couscous also provides a high source of selenium, which helps form glutathione, the body's natural antioxidant, aiding recovery and protecting the immune system.

**Serves:** 3  
**Preparation time:** 15 minutes  
**Cooking time:** 30 minutes  
**Allergy Information:** Contains gluten



### Nutrient content - per serving / per 100 g;

Energy:	559 kcal / 80 kcal	MEDIUM ENERGY MEAL - Eat during medium load training
Protein:	53 g / 8 g	( <sup>P</sup> = indicates main source in recipe)
Carbohydrate:	61 g / 9 g	( <sup>C</sup> = indicates main source in recipe)
Fat:	12 g / 2 g	( <sup>F</sup> = indicates main source in recipe)

### You will need;

- 400g chicken breast, chopped<sup>P</sup>
- 250g couscous<sup>C</sup>
- 1 large red onion, chopped into chunks
- 1 large carrot, sliced thick
- 1 courgette, sliced thick
- 1 red pepper, sliced into strips
- 1 green pepper, sliced into strips
- 1 small pot of sun-baked tomato feta and olives, drained
- 2 tablespoons extra-virgin olive oil<sup>F</sup>
- 2 tablespoons balsamic vinegar
- 300ml hot vegetable stock
- Small handful fresh basil leaves, shredded

### Method;

1. Add all chopped vegetables into an oven tray, drizzle with 1 tbsp of olive oil and the balsamic vinegar. Then place the tray into a pre-heated oven at 200°C and cook for 30 minutes.
2. After 5-10 minutes, heat the remaining olive oil in a shallow frying-pan. Once hot, add the chicken breast and cook through for 10-15 minutes. If desired season lightly with salt & pepper.
3. Following this place the couscous in a sauce-pan and pour over the vegetable stock. Cover with the lid and then leave to stand for 5 minutes, until the stock is absorbed.
4. For the last few minutes, add the pot of sun-baked tomato feta and olives to the chicken breast and cook for 2-3 minutes, or until warm.
5. Finally, fluff up the grains of couscous with a fork and stir in the basil and cooked vegetables if preferred. Drizzle with any remaining oil or vinegar and serve with the chicken breasts.