

Performance Nutrition - Recipe of the week

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



Fish & Courgette Potato Bake

Performance benefits: this meal is light and easily digestible with a full complement of nutrients required for recovery; high quality protein, fast-absorbed carbohydrates, and low in fat. These properties make this recipe ideal to consume specifically after training, when you don't have much time between sessions, or when an easily digestible meal is just what the belly ordered! This recipe can be cooked in a frying pan or in a casserole dish in the oven.

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



Nutrient content - per serving / per 100 g;

Energy:	528 kcal / 68 kcal	MEDIUM ENERGY MEAL - Eat during medium load training
Protein:	43 g / 6 g	(^P = indicates main source in recipe)
Carbohydrate:	78 g / 10 g	(^C = indicates main source in recipe)
Fat:	7 g / 1 g	(^F = indicates main source in recipe)

You will need;

- 1 tablespoon olive oil^F
- 1 onion, sliced
- 1.25 kg white potatoes, unpeeled, sliced^C
- 2 garlic cloves, finely chopped
- 500ml vegetable stock
- 300g courgettes, sliced
- 500g white fish fillets (cod, haddock, pollock)^P
- 2 teaspoons dried mixed herbs
- Zest and juice of 1 lemon

Method;

1. Heat the oil in a large frying pan and cook the onions and potatoes for 10-15 minutes, until starting to brown. Add the garlic at the last minute. For oven cooking, use a casserole dish with lid and follow the same instructions with the oven at 220°C.
2. Stir through the stock, season well, cover and simmer for 10 minutes. Halfway through, top with the courgette slices.
3. Place the fish fillets on top of the courgettes. Sprinkle over the dried herbs, lemon zest and season to taste. Cover and cook for 5-6 minutes, until the fish is opaque and flakes easily.
4. Serve immediately with the potatoes and squeeze over the lemon juice