

# Performance Nutrition - Recipe of the week

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



## Speedy Chicken and Green Lentil Salad

**Performance benefits:** this meal is great to eat during the next few weeks of basic conditioning when many swimmers are trying to drop the extra resistance gained on their drag profiles during their summer breaks. It is low in fat and calories; so consuming this meal in combination with increased training and energy expenditure will help swimmers reach their optimum body composition range much faster. Lentils are also a slow-absorbed carbohydrate source, so whilst it is low in calories it will still provide a sustained energy source to fuel the wide variety of activities many are undertaking.



**Serves:** 2  
**Preparation time:** 15 minutes  
**Cooking time:** 0 minutes  
**Allergy Information:** None

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

<b>Energy:</b>	368 kcal / 97 kcal	<b>MEDIUM ENERGY MEAL</b> - Eat during medium intensity training
<b>Protein:</b>	49 g / 13 g	( <sup>P</sup> = indicates main source in recipe)
<b>Carbohydrate:</b>	38 g / 10 g	( <sup>C</sup> = indicates main source in recipe)
<b>Fat:</b>	4 g / 1g	( <sup>F</sup> = indicates main source in recipe)

## You will need;

- 410g tins green lentils, drained and rinsed<sup>C</sup>
- 75g young leaf spinach, washed
- 4 spring onions, washed and finely sliced
- 50g radishes, washed and finely sliced
- 4 tablespoons low-fat honey & mustard dressing<sup>F</sup>
- 200g cooked chicken breast<sup>P</sup>

## Method;

1. Put the lentils, spinach, spring onions and radishes into a large bowl. Drizzle over the dressing and toss together to combine.
2. Add the sliced chicken breast and gently fold through. Season with black pepper to taste.
3. Divide between two bowls and serve.