

# Performance Nutrition - Recipe of the week

Meals prepared & cooked in an hour (not this week!), and for less than £5 per person!



## Tuscan Steak & Kidney Casserole

**Performance benefits:** this recipe is devised in response to the increased interest in altitude training. The main desired adaptations from altitude camps are increased production of red blood cells and oxygen transportation. Dietary iron is essential for these changes to occur, and if iron levels are not optimal at altitude this slows adaptation and can even impair performance. This meal is high in both haem (red meats) and non-haem (plants) iron to help optimise iron levels, and in combination with the high vitamin C that aids iron absorption, makes this meal ideal to consume in preparation for, during, and in the recovery from altitude.



- Serves:** 4  
**Preparation time:** 15 minutes  
**Cooking time:** 3 hours (**NOTE:** You might want start cooking before you go to training)  
**Allergy Information:** Contains gluten

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

Energy:	735 kcal / 101 kcal	HIGH ENERGY MEAL - Eat during high intensity/volume training
Protein:	54 g / 7 g	( <sup>P</sup> = indicates main source in recipe)
Carbohydrate:	108 g / 15 g	( <sup>C</sup> = indicates main source in recipe)
Fat:	13 g / 2 g	( <sup>F</sup> = indicates main source in recipe)

### You will need;

- 3 tablespoons of plain flour, seasoned with salt & pepper
- 400g lean stewing steak <sup>P, F, Iron</sup>
- 350g kidney <sup>P, Iron</sup>
- 1 tbsp of olive oil
- 1 red pepper <sup>VitaminC</sup>
- 1 yellow pepper <sup>VitaminC</sup>
- 2 small onions, chopped
- 1 large carrot, sliced
- 2 cloves of garlic, crushed
- 3 sprigs of parsley, torn roughly
- 400ml of tomato passata or pasta sauce
- 125ml water
- 5 large potatoes <sup>C</sup>
- 2 handfuls of broccoli <sup>VitaminC, Iron</sup>
- 4 handfuls of spinach <sup>VitaminC, Iron</sup>

### Method;

1. Preheat oven to 160 degrees C / gas mark 3.
2. Coat the steak and kidney mix with seasoned flour completely.
3. Gently heat the oil in a large frying pan and cook onions until tender.
4. Remove from the heat, mix with meat and parsley in oven-proof casserole dish.
5. Pour passata or pasta sauce on top of meat mix, followed by water, garlic, and carrot. Do NOT stir at this stage.
6. Cover with aluminium foil and place lid on top.
7. Place in pre-heated oven for 3 hours to cook. When time is up, remove from oven and stir well.
8. Serve immediately with mashed potato and steamed or lightly boiled broccoli & spinach.