

Performance Nutrition - Recipe of the week

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



Chicken, Ham, & Pea Risotto

Performance benefits: this meal is exactly the type of meal that should be consumed after a fatiguing training session. It is one of the highest carbohydrate contents of any of the 'Recipes of the week', and it provides a bit hit of high quality protein. This makes it nearly the perfect recovery meal to restore glycogen and repair muscles after a key set or a particularly heavy training day. The peas and broccoli also help to provide a good source of manganese and selenium; helping the maintenance of bones, and defending against oxidative stress, respectively.



Serves: 2
Preparation time: 5 minutes
Cooking time: 35 minutes
Allergy Information: Contains lactose

Nutrient content - per serving / per 100 g;

Energy:	789 kcal / 174 kcal	HIGH ENERGY MEAL - Eat during high intensity/volume training
Protein:	52 g / 11 g	(^P = indicates main source in recipe)
Carbohydrate:	124 g / 27 g	(^C = indicates main source in recipe)
Fat:	13 g / 3 g	(^F = indicates main source in recipe)

You will need;

- 1 tbsp olive oil
- 200g chicken fillets, diced
- ½ onion, peeled and chopped
- 250g long grain rice
- 650 ml chicken stock (1 stock cube)
- 1 tsp easy garlic
- 35g honey roast ham
- 150g broccoli florets
- 200g British garden peas
- 10g Philadelphia light

Method;

1. Heat half the oil in a large saucepan and fry the chicken for 6–8 minutes, until browned and fully cooked through. Remove from the pan and set aside.
2. Add the remaining oil to the pan and cook the onion for 5 minutes, until soft. Stir in the rice and cook for a further minute.
3. Gradually add the stock a ladle at a time, stirring frequently, adding more as the liquid is absorbed. Cook slowly over a low heat for about 15 minutes, until nearly all the stock has absorbed. Add the chicken, ham, broccoli and peas, and cook for a further 5 minutes.
4. Stir through the soft cheese. Grate on some parmesan if preferred, grind on freshly ground black pepper, and serve.