

Performance Nutrition - Recipe of the week

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



Smoked Mackerel Risotto

Performance benefits: Mackerel has been classed as a super food. This is because; 1) it is a great source of protein, which stimulates muscle regeneration and adaptation, and 2) it is very high in polyunsaturated fatty acids (omega 3s), which help to reduce inflammatory stress after intense training protecting the body from damage. Consuming this meal after a very heavy training session or during periods where you are extremely fatigued can help to speed up recovery, but also minimise the probability of infection and/or injury.

Serves: 4
Preparation time: 15 minutes
Cooking time: 40 minutes
Allergy Information: Contains gluten



Nutrient content - per serving / per 100 g;

| Energy: | 734 kcal / 167 kcal | HIGH ENERGY MEAL - Eat during high volume/intensity training phases |
|---------------|---------------------|---|
| Protein: | 44 g / 10 g | (^P = indicates main source in recipe) |
| Carbohydrate: | 54 g / 12 g | (^C = indicates main source in recipe) |
| Fat: | 38 g / 9 g | (^F = indicates main source in recipe) |

You will need;

- 1 tablespoon olive oil
- 1 onion, peeled and finely chopped
- 200g risotto rice^C
- 1.5 litres chicken stock from 1 stock cube
- 4 hot-smoked mackerel fillets, torn into small pieces^{P, F}
- 6 spring onions, finely sliced
- 250g pack spinach

Method;

1. Heat the oil in a large pan. Add the onion and cook for 5–10 minutes until soft, then add the risotto rice and cook for a further minute.
2. Begin adding the hot stock, a ladleful at a time, waiting until the stock is absorbed before adding the next ladle. Continue until all the stock is used and the rice is cooked through. This will take about 20-25 minutes.
3. Add the mackerel, spring onions and spinach to the risotto. Stir until the spinach has wilted, then serve.