

Performance Nutrition - Recipe of the week

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



Toasted Turkey Enchiladas

Performance benefits: this Mexican-themed meal is as close as it gets to the perfect recovery meal. It is very low in fat, but high in fast absorbed carbohydrates that help replenish tired muscle quickly. Turkey is also a great source of protein and aids muscle regeneration. This 'poultry' option is also high in beta-alanine, which many of you now know is an effective muscle buffer and aids performance. Finally, thinking about the social side of dining, this meal is also great for sharing with fellow swimmers or housemates. Enjoy!

Serves: 3
Preparation time: 10 minutes
Cooking time: 40 minutes
Allergy Information: Contains lactose and gluten



Nutrient content - per serving / per 100 g;

Energy:	791 kcal / 87 kcal	HIGH ENERGY MEAL - Eat during high intensity/volume training
Protein:	69 g / 8 g	(^P = indicates main source in recipe)
Carbohydrate:	113 g / 13 g	(^C = indicates main source in recipe)
Fat:	10 g / 1 g	(^F = indicates main source in recipe)

You will need;

- 300g pack of diced turkey breast^P
- 2 x 400g tins chopped tomatoes with chilli
- 1 x 400g tin black eyed beans, drained
- 1 garlic clove
- 6 tortilla wraps^C
- 75g cottage cheese
- 1 onion
- 2 courgettes, sliced
- 2 carrots, peeled and sliced
- 75g mozzarella^F
- 1 x 28g pack coriander, chopped

Method;

1. Heat the olive oil in a frying pan and cook diced turkey breast for 5–10 minutes, until cooked through. Remove and set aside.
2. To the same pan, add the onion, carrots and courgettes, and cook for 10 minutes until tender.
3. Add the garlic clove, peeled and chopped, for the last minute.
4. Then add one carton of the chopped tomatoes and the tin of black eyed beans, and cook over a low heat for 5 minutes.
5. Return the turkey to the pan and stir in the coriander.
6. Divide between the tortillas, fold the ends then roll to seal. Pour the remaining chopped tomatoes with chilli into a baking dish, place the tortillas on top and add cottage cheese, mozzarella and the remaining coriander.
7. Cook in a preheated oven at 200°C, fan 180C, gas 6 for 15 minutes, until bubbling.