Performance Nutrition - Recipe of the week
Meals prepared & cooked in an hour, and for less than £5 per person!

BRITISH Swimming
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Breakfast Kedgeree

Performance benefits: Kedgeree is traditionally for breakfast, but it's versatile and so it can be used at lunch or dinner too. Usually made with haddock, salmon, or mackerel, however you can use chicken or turkey. The recipe provides the full range of high-quality protein, complex carbohydrates, and micronutrients needed to fuel, recovery, and adapt. Interestingly, the super ingredient is curry powder! It contains a powerful antioxidant, called Curcumin, which reduces inflammation in the joints, minimises cancer risk, and helps maintain mental function.

Serves:	2
Preparation time:	10 minutes
Cooking time:	25 minutes
Allergy Information:	Contains dairy

Nutrient content - per serving / per 100 g;

Energy:	581 kcal / 117 kcal	MODERATE ENERGY - Eat during moderate intensity training phases
Protein:	58 g / 12 g	(^{P} = indicates main source in recipe)
Carbohydrate:	43 g / 9 g	(^{C} = indicates main source in recipe)
Fat:	21 g / 4 g	(^{F} = indicates main source in recipe)

You will need;

- 400g smoked haddock fillets^P
- 200g easy cook basmati rice^C
- 2-3 teaspoons mild curry powder
- 1 green pepper, deseeded and chopped
- 125g sweetcorn
- 200g carton of low-fat natural yogurt^F
- 1 tablespoon olive oil
- Lemon wedges to garnish

Method;

1. Pre-heat oven to 200°C, drizzle the haddock fillets with olive oil and wrap in tin foil, and then bake the fillets for 20-25 minutes.
2. Put the rice in a pan, cover with 450ml water and add the curry powder.
3. Bring to the boil, cover tightly and simmer for 10 minutes.
4. Stir in the pepper, sweetcorn, and simmer for a further 10 minutes when all the water should have been absorbed.
5. Skin the haddock and fork the flesh into the rice. Stir in the yoghurt.
6. Turn onto a warmed serving plate and garnish with lemon wedges.

Gold Medal Tip; Add toast or boiled eggs to increase carbohydrate and protein content respectively!