

Performance Nutrition - Recipe of the week

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



Chilli Con Carne with Dark Chocolate

Performance benefits: this meal is perfect to consume during a week of heavy training load. It is high in carbohydrates that refuel muscle glycogen, and it provides some fat to replace important intramuscular triglycerides that are depleted during training too. Most importantly it is high in protein, haem iron (best absorbed iron), and antioxidants that are all vital to optimise the muscular and aerobic adaptations caused by heavy training.

Serves: 4
Preparation time: 15 minutes
Cooking time: 30 minutes
Allergy Information: Contains dairy



Nutrient content per serving;

Energy:	757 kcal	HIGH ENERGY MEAL - Eat during high volume/intensity training phases
Protein:	61 g	(^P = indicates main source in recipe)
Carbohydrate:	81 g	(^C = main source main source in recipe)
Fat:	21 g	(^F = main source main source in recipe)

You will need;

- 700g lean rump steak, cut into chunks^{P, F}
- 4 x 10 minutes boil in bag rice packets^C
- 1 x 400g can chopped tomatoes
- 40g Green & Black's **dark** chocolate, broken up
- 1 x 400g can kidney beans, rinsed
- 1 medium avocado, peeled, stoned, sliced
- 150g cherry tomatoes, halved
- 1 lime, cut into wedges
- 60g fromage frais
- 1 tablespoons tomato purée
- 300ml beef stock
- 1 bunch coriander, roughly chopped
- 1 large onion, chopped
- 4 garlic cloves, chopped
- 1 tablespoon olive oil
- 3 teaspoons cumin seeds, lightly crushed
- 2 teaspoons coriander seeds, lightly crushed
- 1/2-1 teaspoon chilli flakes

Method;

1. Heat half the oil in a large, heavy-based pan and fry the steak in batches over a medium-high heat until browned. Remove with a slotted spoon and set aside.
2. Add the onion to the pan and cook for 5 minutes. Add the garlic, cumin, coriander seeds and chilli and cook for 3 minutes. Add the tomatoes, purée, stock and chocolate.
3. Bring to the boil, cover and simmer over a very low heat for 20 minutes, adding the kidney beans for the last 10 minutes. Season and stir in the coriander. At the same time boil a pan of water to cook the rice, then place rice in water at same time as kidney beans go in the chilli.
4. Serve spooned over the rice with the fromage frais sprinkled with paprika, and the avocados, tomatoes and lime wedges as a side.