

Performance Nutrition - Recipe of the week

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



Lemon & Herb Crusted Salmon with New Potatoes

Performance benefits: Salmon is classed as an oily fish and this means it provides a good source of poly-unsaturated fats, specifically Omega 3s, which regulate inflammation and lower the risk of illness. The recipe also provides around 25% of your recommended intake of magnesium and manganese. Magnesium deficiency impairs neuromuscular function such as muscle weakness and cramping. Manganese is important for energy release from all foods in the diet.

Serves: 2
Preparation time: 10 minutes
Cooking time: 20 minutes
Allergy information: Contains fish and gluten



Nutrient content per serving;

Energy:	621 kcal	MEDIUM ENERGY MEAL - Eat during moderate volume/intensity training phases
Protein:	55 g	(^P = indicates main source in recipe)
Carbohydrate:	44 g	(^C = main source main source in recipe)
Fat:	25 g	(^F = main source main source in recipe)

You will need;

- 75g fresh white breadcrumbs
- 20g pack flat leaf parsley, finely chopped
- ½ pack thyme, leaves removed and chopped
- Finely grated zest and juice of ½ a lemon
- 25 g butter^F
- 4 fresh smoked salmon fillets^P
- 500g new potatoes^C
- 120g bag mixed herb salad

Method;

1. Preheat the oven to 180°C, 350°F, gas mark 4.
2. Place the breadcrumbs, herbs, lemon zest and juice, butter and seasoning in a bowl and mix well.
3. Place potatoes in a pan and boil for 15-20 minutes or until cooked through.
4. Wrap the salmon fillets in tin foil and place on a baking tray in the preheated oven for approximately 20 minutes, until cooked through and golden. Spoon the breadcrumb mix on top of the fillets for last 5 minutes to toast the breadcrumbs and melt butter through fish.
5. Serve with new potatoes, and mixed herb salad leaves.