

Performance Nutrition - Recipe of the week

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



Mediterranean Roast Chicken with Peppers, Feta, & Lemon

Performance benefits: this recipe is ideal for those wanting a light summer meal during the 2nd taper of the year. It is high in protein, quite low in carbohydrate, but importantly low in calories, which makes it useful to help promote a more favourable drag profile as some reduce their training intensity and volume. It is also high in omega 3 fatty acids that reduce inflammatory stress and promote recovery, which is beneficial to preparing to race.

Serves: 3
Preparation time: 10 minutes
Cooking time: 45 minutes
Allergy Information: Contains dairy & gluten



Nutrient content - per serving / per 100 g;

Energy:	578 kcal / 129 kcal	MEDIUM ENERGY MEAL - Eat during medium volume/intensity training phases
Protein:	56 g / 13 g	(^P = indicates main source in recipe)
Carbohydrate:	48 g / 11 g	(^C = indicates main source in recipe)
Fat:	18 g / 4 g	(^F = indicates main source in recipe)

You will need;

- 8 bone-in chicken thighs
- Juice of 1 lemon plus 4 lemon wedges
- 250g couscous
- 2 long red Romano peppers
- 4 baby courgettes
- 100g feta, crumbled
- A small handful of Kalamata olives
- A little olive oil, for drizzling
- A small bunch of watercress
- Paprika & cayenne pepper

Method;

1. Preheat the oven to 220°C, fan 200°C, gas 7. Sprinkle each chicken thigh in cayenne pepper and paprika, then place in a large roasting tin. Add the lemon juice and some seasoning and toss together. Roast for 30 minutes.
2. Halve the peppers lengthways and remove the seeds. Halve the courgettes lengthways. When the chicken has been cooking for 30 minutes, add the peppers and courgettes to the tin.
3. Then cook couscous according to directions on packet, should only take 5-10 minutes.
4. Roast for a further 15 minutes, then fill each pepper with feta, scatter over the olives and drizzle everything with olive oil. Add sprigs of watercress and lemon wedges.
5. Serve from the tin with the couscous.

Gold Medal Tip; Remove the skin from the chicken to reduce the fat and calorie content of the meal!