

Performance Nutrition - Recipe of the week

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



Performance Paella

Performance benefits: this recipe is the ultimate meal for recovery and adaptation from targeted high intensity training. It contains a massive hit of carbohydrates that replenishes depleted glycogen stores. The turkey, prawns, and interestingly peas, provide an abundance of protein and two specific amino acids vital for muscle adaptation; beta-alanine acts as a buffer to muscle acidosis, and arginine stimulates muscle regeneration.

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



Nutrient content per serving;

Energy:	938 kcal	HIGH ENERGY MEAL - Eat during high volume/intensity training phases
Protein:	68 g	(^P = indicates main source in recipe)
Carbohydrate:	86 g	(^C = indicates main source in recipe)
Fat:	36 g	(^F = indicates main source in recipe)

You will need;

- 200 g diced turkey breast^P
- 200 g cooked king prawns^P
- 75 g chorizo sausage^F
- 300 g pure basmati rice^C
- 700 ml fish stock (made with 1 ½ cubes)
- 100 g frozen peas
- 1 red pepper
- 2 handfuls button mushrooms
- 1 onion roughly chopped
- 2 bay leaves
- ½ teaspoon turmeric
- ½ teaspoon mixed herbs
- 1 tablespoon olive oil^F
- 2 garlic cloves, crushed
- ½ teaspoon dried chilli flakes
- 1 tablespoon fresh lemon juice

Method;

1. Rinse the rice three times in cold water and drain well. Place the fish stock in a large saucepan, bring to the boil and add the bay leaves, turmeric and mixed herbs.
2. Add the rice and cook over a low heat for 16 minutes, stirring occasionally. Add the frozen peas and cook for a further 4 mins until stock is absorbed and rice is cooked, remove bay leaves
3. Heat the oil in a large non stock frying pan over a medium heat. Add the onion, garlic and chilli flakes and fry for 2-3 mins.
4. Add the red pepper and mushrooms, and then cook for a further 4-5 min. Then add the chicken and chorizo, frying for another 6-7 mins.
5. Stir in the prawns and heat through gently for 4-5 mins to ensure cooked through. Add the mixture to the rice and stir gently to combine.
6. Add the lemon juice and serve immediately