

Performance Nutrition - Recipe of the week

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



Super-Speed Lamb Stir-Fry

Performance benefits: this is another recipe developed to provide swimmers with an iron boost to help enhance those aerobic adaptations. Recent research suggests that the best time to consume high iron meals is during recovery days or days off. This is because in the hours after high intensity training the body's ability to absorb iron can be impaired. So this provides more evidence to support the concept of planning your nutrition around training and, why the timing of meals is as important as the food itself!

Serves: 2
Preparation time: 10 minutes
Cooking time: 15 minutes
Allergy Information: Gluten free with rice



Nutrient content - per serving / per 100 g;

Energy:	812 kcal / 138 kcal	HIGH ENERGY MEAL - Eat during high intensity/volume training
Protein:	72 g / 12 g	(^P = indicates main source in recipe)
Carbohydrate:	77 g / 13 g	(^C = indicates main source in recipe)
Fat:	25 g / 4 g	(^F = indicates main source in recipe)

You will need;

- 400g diced lamb steak ^{P,F}
- 175g babycorn & Mange Tout
- 300g chopped mixed peppers
- 1 tablespoon olive oil
- 1 teaspoon ginger paste
- 4 tablespoon teriyaki marinade
- Toasted black onion seeds, to garnish (optional)
- 150g easy-cook rice / 2.5 slates easy-cook noodles ^C

Method;

1. Heat the oil in a wok or a large frying pan. Bring one pan of water to the boil.
2. Add the lamb to the wok and cook for 3 minutes, stirring constantly. Add the rice or noodles to the boiling water, cook according to packet instructions.
3. To the wok add the babycorn and mange tout for 2 minutes.
4. Then add the remaining vegetables, teriyaki marinade and ginger paste, and continue to cook for 3 minutes until the vegetables are just tender.
5. To finish; sprinkle the lamb stir-fry with the onion seeds (optional), drain the rice or noodles, and serve.