

Recipe of the Week 1

Chicken Wrap with Roasted Vegetables and Pesto

The wraps are an easy recipe high in carbohydrates to help fuel and refuel muscles, protein to repair muscle damage and essential vitamins to improve health and boost immunity.

Lunch time: 1 or 2 wrap(s) with a piece of fruit could form an ideal lunch time snack 2-3 hours before training to boost energy levels.

Evening meal: 2 to 4 Wrap(s) alone or with rice (depending on energy requirements) and green vegetables would form an ideal evening meal for swimmers in heavy training.

Tip

You can replace chicken with strips of lean beef to increase your iron intake.



Ingredients

300g chicken fillets
2 red peppers
2 yellow peppers
2 courgettes
2 red onions
16 fresh basil leaves
4 wholemeal tortilla wraps
4 tsp red pesto
1 tsp olive oil
Pinch of salt
Fresh ground black pepper

Serves: 2 – 4

Preparation time: 10-minutes

Cooking time: 30-minutes

Each wrap contains

Energy (kcal) – 325
Carbohydrates – 30.6g
Protein – 32.4g
Fat – 8.9g (1.2g saturated)

Method

1. Pre heat the oven to 180°C / 350°F / gas 4.
2. Deseed the peppers and cut into quarters and half again, place on a baking sheet.
3. Slice the courgette length ways and cut the onions into small wedges place on the baking sheet.
4. Season and drizzle with the olive oil – roast for 25 to 30 mins or until tender.
5. Heat a griddle pan season and cook the chicken for 20 to 25mins or until cooked.
6. Lay out your four wraps spread a 1 tsp of red pesto over each wrap, place some of the roasted vegetables and chicken on each wrap and a few basil leaves, Roll the wrap up and cut in half.
7. Serve

(Adapted from Tesco-healthy Eating)

