

Performance Nutrition - Recipe of the week

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



Lemony Lamb & Herby Couscous

Performance benefits: this is a meal that provides a wide range of ingredients that provide many different micronutrients, with some actually aiding the absorption of others. Interestingly the absorption of the haem iron provided by the lamb is aided by the vitamin C provided by the lemon juice marinade! Another benefit of this meal is the high amount of antioxidants provided by the rosemary, mint, and coriander. Adding fresh and dried herbs to meals and sauces are a great way to boost the antioxidant content of your meals and speed up your recovery.

Serves: 3
Preparation time: 25 minutes
Cooking time: 20 minutes
Allergy Information: Contains gluten



Nutrient content - per serving / per 100 g;

Energy:	477 kcal / 166 kcal	MEDIUM ENERGY MEAL - Eat during medium intensity training
Protein:	33 g / 12 g	(^P = indicates main source in recipe)
Carbohydrate:	46 g / 16 g	(^C = indicates main source in recipe)
Fat:	18 g / 6 g	(^F = indicates main source in recipe)

You will need;

- 400g diced lamb steak^{P,F}
- 250g plain couscous^C
- 2 tablespoons olive oil
- Grated zest and juice of 2 lemons
- 1 garlic clove, crushed
- 7g fresh rosemary chopped
- Freshly ground black pepper
- 15g pack fresh mint, chopped
- 15g pack fresh coriander chopped
- 1 pack of wooden skewers

Method;

1. Place the lamb in a dish with the lemon zest and juice, garlic, rosemary, 1 tablespoon olive oil and seasoning. Mix well and leave to marinate for at least 20 minutes.
2. Whilst marinating, make up the couscous as per the instructions on the packet.
3. After marinating thread the lamb onto skewers and place on a sheet of foil under a preheated moderate grill for 20 minutes, turning and basting occasionally with the marinade.
4. Meanwhile, to make the herby couscous, heat the remaining oil in a pan and stir in the prepared couscous. Remove from the heat and stir in the coriander, mint and seasoning.
5. Serve the lamb skewers on a bed of the couscous.