

Performance Nutrition - Recipe of the week

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



Thai Seafood Curry

Performance benefits: this recipe is chosen purely to provide swimmers with an iron booster meal from foods with the highest sources of iron gram for gram. It is a misconception that spinach and green leafy vegetables are good sources of iron as it is poorly absorbed from them. Red meats are a great source, but actually the highest sources of iron are found in cockles and mussels, and herbs and spices. This *Thai Seafood Curry*, whilst not everyone's taste, combines these foods superbly into a tasty recipe that will increase swimmers iron levels! This meal provides practically all of your recommended daily allowance of iron (>25 mg) in one serving.

Serves: 4
Preparation time: 10 minutes
Cooking time: 45 minutes
Allergy Information: Contains seafood



Nutrient content - per serving / per 100 g;

Energy:	660 kcal / 135 kcal	HIGH ENERGY MEAL - Eat during high intensity/volume training
Protein:	43 g / 9 g	(^P = indicates main source in recipe)
Carbohydrate:	96 g / 20 g	(^C = indicates main source in recipe)
Fat:	15 g / 3 g	(^F = indicates main source in recipe)

You will need;

- 400g easy cook wild rice^C
- 2 tbsp olive oil^F
- 3-4 tbsp Thai Curry Paste (Red or Green)
- 400ml tin of coconut milk
- 200ml fish stock or water
- 2 tbsp Thai fish sauce
- 2 tsp sugar
- 125g French beans
- 100g spring onions
- 500g fresh white fish fillets^P
- 300g fresh cockle or mussel meat (*from fishmonger or Chinese supermarket*)
- A handful of torn fresh coriander or basil

Method;

1. Heat the oil in a heavy-based saucepan, then spoon in the curry paste. Fry over a low-medium heat for 3-4 minutes, stirring often, without letting it colour. Add the coconut milk, stock or water, fish sauce and sugar. Bring to a gentle simmer and cook, uncovered, for 20-25 minutes.
2. Meanwhile, cut the French beans into 2-3cm lengths and slice the spring onions on the diagonal. Add these to the curry sauce and cook for 5 minutes. Boil a kettle of water, then add to a pan with the rice, and boil on a hob at medium heat for approximately 10 minutes.
3. Cut the fish fillets into large bite-sized pieces. Add these to the pan, cover with a lid and simmer gently for 2-3 minutes, until the fish is just cooked. Stir in the cockle or mussel meat and heat through gently for another 5 minutes.
4. Serve in deep bowls, scattered with the coriander or basil and accompanied by boiled rice.