

Performance Nutrition - Recipe of the week

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



Chicken Pesto Tagliatelle

Performance benefits: this is another quick, easy, and adaptable meal that it is high in calories. I see this recipe being really useful to swimmers who have limited cooking skills, have very busy timetables, and struggle to consume enough energy during the day. Interestingly, pesto provides most of the fat, but it is also high in vitamins A, E, and K. To boost nutrient intake with this meal you should serve with a side salad, a glass of fruit juice, or a mixed fruit salad for dessert.

Serves: 4
Preparation time: 5 minutes
Cooking time: 15 minutes
Allergy Information: Contains gluten, dairy, egg, and nuts



Nutrient content per serving;

Energy:	818 kcal	HIGH ENERGY MEAL - Eat during high volume/intensity training phases
Protein:	87 g	(^P = indicates main source in recipe)
Carbohydrate:	44 g	(^C = indicates main source in recipe)
Fat:	33 g	(^F = indicates main source in recipe)

You will need;

- 4 large chicken breasts, sliced^P
- 2 x 250g packs fresh egg tagliatelle^C
- 150ml fromage frais
- 1 jar green or red pesto (or any other variation)^F
- 1 tablespoon olive oil
- 2 garlic cloves, crushed
- 25g freshly grated parmesan cheese
- Freshly ground black pepper
- Fresh basil to garnish

Method;

1. Heat the oil in a saucepan, add the garlic and chicken and cook over a medium heat for 8 to 10 minutes, stirring occasionally.
2. Meanwhile, cook the pasta following the pack instructions.
3. Drain the pasta, add to the chicken mixture and stir in the fromage frais, pesto, cheese and seasoning to taste.
4. Cook for 1 to 2 minutes and transfer to a warmed serving dish. Garnish with the basil.