

# Performance Nutrition - Recipe of the week

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



## Chicken, Spinach, and Potato Frittata

**Performance benefits:** it's a great recipe to use on days off and during taper. The advantage is it's a filling meal and low in calories; during times of reduced energy expenditure it fills the stomach, which helps prevent the consumption of excess calories that could increase drag profile. It also provides high quality protein that promotes adaptation during recovery and taper. Interestingly, spinach is high in dietary nitrates that have been shown to increase vasodilation, which will result in improved oxygen and nutrient delivery to muscles during training and competition.

**Serves:** 4  
**Preparation time:** 10 minutes  
**Cooking time:** 15 minutes  
**Allergy Information:** Contains egg



## Nutrient content - per serving / per 100 g;

Energy:	335 kcal / 90 kcal	LOW ENERGY MEAL - Eat during low volume/intensity training phases
Protein:	34 g / 9 g	( <sup>P</sup> = indicates main source in recipe)
Carbohydrate:	28 g / 8 g	( <sup>C</sup> = indicates main source in recipe)
Fat:	11 g / 3 g	( <sup>F</sup> = indicates main source in recipe)

## You will need;

- 500g potatoes, cut into small chunks<sup>C</sup>
- 5 medium size eggs, beaten<sup>P</sup>
- 250g cooked chicken, cubed<sup>P</sup>
- 2 onions, sliced
- 1 garlic clove, crushed
- Handful of baby spinach leaves
- Freshly grated pure nutmeg
- 2 tablespoons olive oil<sup>F</sup>

## Method;

1. Heat half the oil in a large heavy based non stick frying pan.
2. Add the potatoes, onion and garlic.
3. Cook over a high heat until the vegetables are browned. Then reduce the heat and continue cooking, stirring occasionally, until the potatoes are cooked. Add the chicken and cook over a high heat for a further 5 minutes.
4. Add the spinach and seasoning and cook for a further 2 minutes. Add a little more of the olive oil to coat the base of the pan.
5. Add the eggs, cook over a high heat for 2 minutes to set the bottom, then reduce the heat and cook until the top has just set. Remove the pan from the heat.
6. Gently loosen the frittata around the edge.
7. Invert a plate over the pan to turn the frittata over and cook for a further 2 minutes on the other side.