

Thai Red Lentil Curry

Performance benefits: this vegetarian meal is really high in slow release carbohydrates and contains a low amount fat. It's perfect for fuelling a heavy training session when consumed 2-3 hours before the start. Swimmers who experience acid reflux might prefer to reduce the amount of curry paste and powder used. The meal also provides a large amount of your recommended intake for biotin and pantothenic acid; vital for enzymes that promote glycogen synthesis and increase fat metabolism respectively.

Serves: 4
Preparation time: 5 minutes
Cooking time: 20 minutes
Allergy Information: Pittas contain gluten



Nutrient content per serving;

Energy:	553 kcal	MEDIUM ENERGY MEAL - Eat during moderate volume/intensity training phases
Protein:	22 g	(^P = indicates main source in recipe)
Carbohydrate:	85 g	(^C = main source main source in recipe)
Fat:	17 g	(^F = main source main source in recipe)

You will need;

- 1 x 175g jar Thai red curry paste
- 1 x 400g carton chopped tomatoes with basil & oregano
- 1 x 28g pack coriander, chopped
- 1 x 4 pack pittas
- 1 x 500g pack dried red lentils^{P, C}
- 1 onion, peeled and finely chopped
- 2 tablespoons olive oil^F
- 1 pinch curry powder

Method;

1. Preheat the oven to 200°C; fan 180°C; gas mark 6.
2. Heat 1 tablespoon olive oil in a deep frying pan. Add the onion, and the coriander, reserving a little to garnish. Sauté for a couple of minutes and stir through 2 tablespoons Thai red curry paste. Add 200g dried red lentils and 500ml cold water. Simmer for 5 minutes and stir in the chopped tomatoes with basil & oregano, then simmer for a further 10 minutes, or until the lentils are soft and tender.
3. Meanwhile, brush the Taste the Difference Aegean tomato & basil pittas with a little olive oil and sprinkle with a pinch of curry powder, then place on a baking tray and bake for 5 minutes.
4. Just before serving, sprinkle chopped coriander into the curry and serve with the hot pittas.

Gold Medal Tip; Add a serving of rice or an extra pitta to the increase carbohydrate content of meal!