

Post Training Snack: Spanish Tortilla

This Spanish tortilla makes a delicious and convenient post training snack.

Packed with quality protein and carbs it can be made in advance and popped into a cool bag to go wherever your training takes you.

Ingredients:

4 **tbsp** olive oil
1 onion, thinly sliced
1 red pepper, chopped
1 large potato, sliced
4 large free-range eggs
1 **tbsp** chopped fresh parsley or a
generous pinch of dried mixed herbs
/ **Salt and pepper to taste**



Method:

Heat the oil in a small heavy-based **20 cm** frying pan. Add the onion and gently fry for **5 minutes**.

Add the pepper and potatoes and season with salt and pepper. Cover with a lid and gently cook over a low heat for about **15–20 minutes**, or until the vegetables are soft and the potatoes are cooked through. Mix gently and lay flat in the pan.

Beat the eggs with the herbs. Carefully pour in the egg mixture. Cook on a medium heat until the sides and top are just firm and the base is lightly golden-brown.

When the middle is set, carefully slide onto a plate and flip over to cook the other side for **3–4 minutes**, or until golden-brown all over and just cooked through.

Once cool this can be cut into portions and stored in the fridge for up to three days.

Lunch:

Pasta with Chicken

This versatile pasta dish can be eaten hot or cold.

The following quantities should make enough for a hot meal with leftovers for a light pasta salad the following day.

The chicken can be replaced with a plant-based alternative for a vegan option.

Ingredients:

150g dried pasta (fusilli or penne)
4 tbsp olive oil
2 red onions (chopped)
3 cloves of garlic (crushed)
1 can of chopped tomatoes
100g black olives
1 sweet pepper (any colour)
½ tsp dried mixed herbs
2 tsp paprika (smoked paprika if you have it)
2 chicken breasts, cut in to 1cm cubes
/ Salt and pepper to taste
/ Fresh chopped herbs to garnish



Method:

Pre-heat oven to **180°C**.

Put the pasta and tbsp of olive oil to one side.

Mix all other ingredients together in a baking tray and bake in a preheated oven for **15 minutes**.

Cook the pasta as per instructions. Drain and coat in the remaining olive oil.

Combine and serve sprinkled with fresh chopped herbs. Remember to keep leftovers for a tasty pasta salad.

Dinner: Cottage Pie with Sweet Potato Topping

Cottage pie is a firm favourite and this twist on a classic recipe can easily be adjusted to increase the carbs (topping) depending on the needs of your training.

This recipe is very versatile so feel free to add chopped mushrooms or other vegetables to the filling, or replace the beef mince with lentils or a plant based alternative if you prefer.

Ingredients for the pie filling:

2 **tbsp** olive oil
750g beef mince
1 large onion, finely chopped
2 **tbsp** tomato puree
1 **tbsp** plain flour
½ **tsp** dried mixed herbs
½ **tsp** dried thyme
400ml beef stock (or vegetable stock)
Worcestershire sauce (optional)
/ **Salt and pepper to taste.**

Ingredients for the topping:

500g sweet potato & 400g white potato
50g butter & 50ml milk



Method:

Fry the onions until soft in a large heavy-based pan.

Add the beef mince and cook until browned.

Add the herbs, tomato puree and flour and cook for a further minute (If you want to add any extra chopped vegetables, add them now).

Add the stock and simmer for **45 minutes**. Season to taste. Preheat the oven to **200°C**.

Peel and chop the potatoes and boil in salted water for **15-20 minutes** until tender.

Once soft, Drain well and mash together with the butter and milk. Season to taste.

Put the pie filling in a baking dish and cover with the mash. Rough the surface of the mash and drizzle with a bit of olive oil.

Place in the oven until the filling starts to bubble and the top is golden brown.

Leave to rest for **5 minutes** before serving. Pickled red cabbage makes the perfect accompaniment for this dish.