

Post Training Snack: **Baked Beet Falafels**

These surprisingly easy falafels make a great base for a vegan main meal and can also double up as the perfect post training snack.

Beet is a great choice for athletes, but carrots, butternut squash also work well.

This recipe uses a classic combination of cumin and coriander, but you can use chilli powder or anything else you like to spice up the flavour your way.

For firmer (non-vegan) falafel add an egg with the other ingredients before mixing.

Ingredients:

- 1 can** of chickpeas (400g)
- 1 medium** beet
- 2 cloves** of garlic
- 2 tsp** ground cumin
- 1 tsp** ground coriander
- 1/4 tsp** salt
- Juice of half a lemon
- 1 tbsp** rolled oats
- Olive oil for brushing



Method:

Set the oven to **190°C**.

Drain and rinse the chickpeas. Place on a baking tray and pop into the oven for **10-12 minutes** to dry out as the oven reaches temperature.

Grate the beet (or carrot if you prefer) and give it a little squeeze to get rid of any excess liquid.

Put all the ingredients in a blender. Pulse for about **30 seconds** to get a coarse, tacky mixture that you can easily form into balls.

Give the mixture a quick taste and adjust the seasoning to how you like it.

Roll into walnut-sized balls and brush with olive oil before baking for **20 minutes** or until crispy on the outside.

Lunch:

Spicy Rice with Smoked Mackerel

This kedgeree inspired rice dish is ready in minutes and packed with quality protein, carbs, healthy fats and anti-inflammatory turmeric.

For a super easy one-pan option you can use precooked rice from a pouch and swap the hard-boiled egg for a bit more mackerel.

Ingredients:

1 small onion
Butter or ghee for frying
1 **tsp** turmeric powder
1 **tsp** garam masala (or curry powder will do)
150g cooked rice (brown basmati rice is excellent for this recipe but any rice will do)
2 **tbsp** frozen peas
100g smoked mackerel
1 hard-boiled egg
/ **Salt and pepper to taste**
/ **Fresh chopped coriander or parsley to garnish**



Method:

Finely chop the onion and gently fry in a large frying pan with the butter or ghee until soft.

Add the spices and cook for one minute before adding the rice and frozen peas.

Keep on a medium heat and stir fry for about **5 minutes** or until the peas are cooked.

Break up the smoked mackerel into chunks and slice the egg into quarters. Mix through with the rice until warmed through.

Serve sprinkled with fresh chopped herbs.

Dinner:

Turkey Stir-fry with Noodles

Stir frying is a tasty, healthy and quick way to cook. Simply toss and turn bite-sized ingredients in a little hot oil in a wok over high heat, then add a little water or stock to “steam fry” them until they’re done.

Use this basic recipe as a starting point, but you can add more or less of anything, depending on your preference and the needs of your training. It’s very hard to go wrong with this. We’ve chosen turkey thigh as it’s lean, affordable and tasty. You can replace it with any other meat or suitable plant based alternative if you like.

Ingredients:

1 **tbsp** vegetable oil for stir-frying
2 **cloves** of garlic
1**cm** fresh ginger
100**g** diced turkey
1 small onion
1 pepper (any colour)
50**g** broccoli florets
150**g** soft noodles (or 60**g** dried noodles, prepared)
Soy sauce

Peanut butter (ideally crunchy-optional)
Sesame oil (optional)



Method:

Finely chop the garlic and ginger (keep separate) and roughly dice your selection of vegetables. Heat the oil in a large frying pan or wok. Ideally, the oil should be hot enough so that it creates bubbles around a wooden spatula or chopstick when you dip it in the oil.

Add the garlic and ginger and sizzle for about **30 seconds**.

Add the turkey and stir for about **2 minutes** or until just cooked.

Add all the vegetables and continue to stir fry on a high heat until they begin to soften.

Add a good splash of soy sauce to season and a spoonful of peanut butter if you like a nutty flavour.

Add the noodles and stir for another **2-3 minutes** or as per instructions.

Just before serving, drizzle with sesame oil if you have some.