

# Athlete Recipes



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## Introduction

This compendium of recipes has been produced for your referral as a guide to athlete appropriate meals.

The recipes and text from this booklet has been adapted from 'Cooking Light' and the Australian Institute of Sport publications 'Survival for the Fittest' and 'Survival from the Fittest' both of which are available from your regional English Institute of Sport centre.

These meals have been designed as versatile suggestions, which can easily be adapted to suit the individual. Ingredients can be changed and swapped as necessary and some ingredients omitted if desired.

Cooking Light (1997) Light and Easy Cookbook. Oxmoor House Inc. Birmingham, AL, USA.

Australian Institute of Sport (1999) Survival for the Fittest'. Murdoch Magazines Pty Ltd, NSW.

Australian Institute of Sport (2001) Survival from the Fittest. Murdoch Magazines Pty Ltd, NSW.

## **SPAGHETTI BOLOGNESE – serves 4-6**

This classic Italian dish is quick and simple recipe that you can be eating in half an hour. The recipe is ideal to boost your carbohydrates and re-energise your body.

### **INGREDIENTS**

Olive oil – cooking  
Onion – 1 large  
Garlic – 2 tsps  
Lean beef mince – 500g  
Mushrooms button – 200g  
Italian herbs – 2 tsp  
Crushed tomatoes – 2 large tins  
Tomato paste – 2 tbsp  
Beef stock – 250mls  
Seasoning  
Spaghetti – 500g

### **METHOD**

1. Fry onion over medium heat 3 minutes until soft
2. Add garlic and cook for 1 minute
3. Add mince and cook 5 minutes high heat, until brown, fork up the lumps
4. Add the mushrooms, herbs, tomato, tomato paste and stock
5. Bring to the boil, reduce the heat to low and simmer, uncovered for 20 minutes, stirring regularly  
Season to taste
6. While sauce is cooking, cook the pasta in large saucepan of boiling water until al dente
7. Drain and serve with sauce

684kca, 97g carbs, 45g protein – serves 4  
457kcal, 65g carbs, 30g protein – serves 6

Preparation time 15mins, cooking time 15 minutes

## **FRUITY CHICKEN CURRY - serves 4-6**

A fruity chicken curry dish assorted with crushed tomatoes and sweet potatoes to revitalise your body after a hard training session.

### **INGREDIENTS**

Onion – 1  
Garlic – 2 cloves  
Curry powder – 1 tbsp  
Crushed tomatoes – 2 large tins  
Chicken stock – 125mls  
½ cup fruit chutney  
Skinless chicken breast fillets – 500g  
Sweet potato – 400g  
Long-grain rice or basmati rice – 2 cups  
Low fat natural yogurt – 4 tbsp

### **METHOD**

1. cook onion over medium heat for 3 minutes until soft
  2. add garlic and curry powder and cook
  3. stir for about 30 seconds
  4. add the remaining ingredients (except yogurt and rice)
  5. bring to boil, reduce heat and simmer, partially covered for 20 minutes or until sweet potato is tender
  6. meanwhile cook rice
  7. serve curry over rice and top with yogurt
- 698kcal, 120g carbs, 40g protein – serves 4

466kcal, 80g carbs, 27g protein – serves 6  
Preparation time 10 minutes, cooking time 25 minutes

## **PENNE WITH CHICKEN AND FETA – serves 4-6**

A delicious pasta recipe that can be enjoyed for lunch and dinner. This recipe is a great way to revitalise your body.

### **INGREDIENTS**

Penne – 500g  
Olive oil – for cooking  
Skinless chicken breast fillets – 500g cut into thin strips  
Small onion – 1  
Garlic – 2 tsp  
Chicken stock – 125ml  
Crushed tomatoes – 825g  
Tomato paste – 1 tbsp  
Salt and freshly ground black pepper to taste  
Feta cheese – 60g  
Quarter cup basil leaves

### **METHOD**

1. start cooking pasta in large saucepan of boiling water
2. pan fry in non-stick pan chicken medium heat for 5 minutes, until browned
3. remove from pan and set aside
4. add onion to the pan and cook over medium heat for 3 minutes until soft
5. add garlic and cook 1 minute more
6. add stock, tomatoes and tomato paste and bring to the boil
7. reduce heat slightly and simmer for 5 minutes, keep stirring
8. return chicken to the pan and heat through
9. season to taste,
10. when pasta is al dente, drain and toss with sauce
11. just before serving add the feta and basil into the sauce
12. serve immediately with salad

567kcal, 96g carbs, 47g protein serves 4

445kcal, 64g carbs, 31g protein serves 6

Preparation time 15mins, cooking time 15 minutes.

## **BAKED POTATOES FILLING**

A high carbohydrate meal that you can customise to your own taste buds that will boost your energy stores.

### **Curried beef potato – serves 2-4**

#### **Method**

Cook 1 finely chopped onion over medium heat for 2 minutes or until soft. Add 200g lean beef mince and cook for 5 minutes or until brown, breaking up lumps with wooden spoon. Stir in 2 tsp of curry powder; add grated zucchini and 1 tbsp of tomato paste. Cook for another 3 minutes and spoon over the potatoes, with dollop of low fat yogurt

633kcal, 93g carbs, 41g protein – serves 2

317kcal, 46g carbs, 21g protein – serves 4

### **Chicken and corn potato –serves 2-4**

#### **Method**

Shred 1 cup of cabbage, add 1 small grated carrot and 1 finely slice spring onion with 1 1/2 tbsp of low fat coleslaw dressing. Warm the content 130g creamed corn in pan, then add to cooked potato, divide 1 cup of cooked barbecue chicken or pan-fried small breast fillet between potatoes, top with coleslaw

649kcal, 103g carbs, 41g protein – serves 2

325kcal, 51g carbs, 21g protein – serves 4

Preparation time 5 minutes, cooking time 15 minutes

## **CHICKEN AND MUSHROOM BARLEY RISOTTO (Serves 4)**

Fuel up your energy stores with this tasty low GI dish

### **INGREDIENTS**

pearl barley (350g)  
butter unsalted (10g)  
shallots (4) diced finely  
garlic (2 cloves)  
mushrooms (250g)  
chicken stock (2 pints)  
cooked chicken breast diced (4)  
fresh thyme  
fresh parmesan grated

### **METHOD**

- melt the butter in a non-stick pan
- add onions and cook for few minutes until soft, then add garlic cook for few minutes
- stir in the barley and chicken stock and bring to the boil, reduce the heat and simmer until the liquid has evaporated and the barley is tender, may need to add more liquid, keep checking so it does not stick to the pan, should take 30-40 minutes
- Then add mushrooms and thyme, chopped cooked chicken and cook further 5-7 minutes
- season to taste
- serve with grated fresh parmesan

**Preparation time 10 minutes**

## Chicken and Pepper Fajitas

Serves 4

Prep time: 6 minutes

Cook time: 15 minutes

### Ingredients

2 teaspoons olive oil

500g chicken breast cut into thin strips

½ cup water

1 red onion

1 red pepper

½ green pepper

½ yellow pepper

6 mushrooms (optional)

2 tablespoons garlic

2 teaspoons fajita or Mexican seasoning

Fat-free or low-fat flour tortillas

Salsa

Non-fat sour cream or low-fat crème fresh.

### Directions:

Heat oil in large frying pan over medium-high heat.

Add chicken and cook for 6 minutes.

Add garlic, vegetables, fajita/Mexican seasoning into frying pan.

Gradually add water.

Cook for approximately 6 minutes or until most of water has evaporated.

Add to warmed tortillas and top up with salsa and sour cream as desired.



## **Rotini with Tomatoes and White Beans**

Serves 6

Prep: 2 Minutes Cook: 19minutes

### **Ingredients**

2 teaspoons olive oil

1 tablespoon bottled minced garlic

1 can (460g) white beans, rinsed and drained

2 cans (425g) dices tomatoes with basil, garlic and oregano, undrained

1 teaspoon dried Italian dressing

300g uncooked rotini (other types of pasta can be used)

3 tablespoons pre-shredded parmesan cheese

### **Directions**

Start to cook the pasta, and then make the tomato bean mixture while the pasta cooks.

Heat oil in large non-stick pan over medium-high heat.

Add garlic and sauté for 1 minute.

Add beans, tomatoes, and seasoning.

Bring to boil; reduce heat and simmer uncovered, 15 minutes or until slightly thickened, stirring occasionally.

Spoon tomato mixture over pasta.

Sprinkle with cheese.

### **Per Serving:**

Calories: 351 kcals

Carbohydrate: 66g

Protein: 14.4g

## **Beef and Bean Black Soup**

Serves 4

Prep Time: 1 minute Cook Time: 18 minutes

### **Ingredients:**

500g lean mince meat  
2 teaspoons Mexican seasoning  
2 cans (450g) black beans, rinsed and drained  
2 cups thawed frozen pepper stir fry  
1 can (400g) low salt beef broth  
1 cup chunky salsa

### **Directions:**

Cook beef in large pan until browned and drain.  
Stir in Mexican seasoning.  
Mash one of the can of beans with a fork.  
Add to remaining beans and beef mixture.  
Mix in pepper stir-fry and broth. Bring to a boil.  
Reduce heat and stir in salsa.  
Simmer on low heat for 5 minutes.

### **Per Serving:**

Calories: 280 kcals  
Carbohydrate: 25.3g  
Protein: 32g

## **Penne Pasta with Fresh Tomatoes and Basil**

Serves 3

Prep time: 11 minutes Cook time: 15 minutes

### **Ingredients:**

5 plum tomatoes cut up into small pieces-with seeds taken out

½ cup basil

¼ cup olives (halved)

1 teaspoon garlic

1 ½ teaspoons olive oil

1 tablespoon balsamic vinegar

¼ teaspoon salt

Pinch of coarsely ground pepper

180grams Penne pasta, uncooked

¼ cup crumbled feta cheese-or any cheese really!

### **Directions:**

Combine tomatoes, basil, olives, garlic, oil, vinegar, salt and pepper in a medium bowl and toss well.

Let stand for 15 minutes.

In the mean time, cook pasta according to package directions and drain well.

Add pasta to mixture and toss well.

Finished and enjoy with a bit of cheese on top!

### **Per Serving:**

Calories: 345kcal

Carbohydrate: 50g

Protein: 10.5g

## Basic French Bread or Baguette Pizza

Serves 2

### Ingredients:

1 loaf French bread or any baguette of your choice

1 cup marinara sauce

1 cup (4 ounces) mozzarella skim cheese

Toppings for pizza i.e. mushrooms, peppers, chicken strips

### Directions:

Preheat oven to 450 degrees

Cut baguette into quarters.

Coat with cooking spray and laid cut sides up on a baking sheet.

Bake at 450 degrees for 3-5 minutes or until lightly browned.

Spread  $\frac{1}{4}$  cup marinara sauce on each bread quarter.

Top each quarter with  $\frac{1}{4}$  cup cheese and other desired toppings

Bake at 450 degrees for 5 minutes or until cheese melts

### Per Serving:

Calories: 413kcal

Carbohydrate: 64.3g

Protein: 18.7g

# Thai Chicken Barbeque with Couscous

Serves Six

## Thai Chicken

### Ingredients:

¼ cup brown sugar  
¼ cup soy sauce  
1 tablespoon fresh lime juice  
3 teaspoons garlic  
½ teaspoon crushed red pepper  
½ teaspoon curry powder  
6 chicken breasts

### Directions:

Combine sugar, soy sauce, lime, garlic and red pepper into a large cooking bag.

Add in chicken and leave for 40 minutes.

GO TO PRACTICE - it will marinade while you train!

Once training is over, coat skillet with cooking spray and cook at medium heat for 20-25 minutes.

## Couscous

### Ingredients:

½ teaspoon olive oil  
2 teaspoons chicken flavoured bouillon granules  
1 cup couscous, uncooked  
1 ½ cup water  
2 teaspoons soy sauce  
2/3 cup chopped tomato with seeds removed  
2 tablespoons chopped parsley  
¼ teaspoon freshly ground pepper

### Directions:

Heat oil in saucepan.

Add chicken bouillon, cover with water and bring to a boil.

Stir in couscous and soy sauce.

Remove from heat, and let stand for 5 minutes or until liquid is absorbed. Stir in remaining ingredients.

## **Yucatan Black Beans and Rice**

Serves 3

Prep Time: 5 minutes Cook time: 10 minutes

### **Ingredients:**

1 cup uncooked rice  
1 tablespoon olive oil  
1 finely chopped onion  
1 jalapeno pepper, deseeded and minced  
2 garlic cloves finely chopped  
1 can black beans, rinsed and drained  
1 ½ cups grape tomatoes, halved  
Pinch of salt  
2 tablespoons minced fresh cilantro  
1 lime cut into wedges

### **Directions:**

Cook rice.

Heat 1 teaspoon of the olive oil in large pan on medium-high heat.

Add onion and cook for 3 minutes.

Add jalapeno pepper and garlic-cook for 1 minute.

Add beans, tomatoes and salt.

Cover mixture, reduce to low heat and cook for 5 minutes.

Remove from heat and stir in remaining olive oil.

Serve over rice topped up with cilantro and lime.

### **Per Serving:**

Calories: 244kcal

Carbohydrate: 46.7g

Protein: 7.2g

## Teriyaki Beef and Peppers

Serves 4

Prep time: 18 minutes Cook time: 9 minutes

### Ingredients:

½ cup low sodium teriyaki sauce  
¼ cup unsweetened pineapple juice  
1 tablespoon cornstarch  
2 teaspoons garlic (powder or minced)  
500g lean flank steak  
1 tablespoon vegetable oil  
3 peppers (red, yellow and green) cut into strips  
2 cups long grain rice

### Directions:

Combine teriyaki sauce, pineapple juice, cornstarch and garlic. This is your “teriyaki mixture”.

Trim fat from steak and cut into think strips.

Drizzle oil around sides of pan.

Cook rice.

Heat pan to medium-high heat, and add steak.

Cook steak for 2 minutes or until light brown.

Add peppers and cook for 4 minutes.

Add Teriyaki mixture; cook for another 3 minutes

You should now be finished and can combine it with your rice

### Per Serving:

Calories: 391

Carbohydrate: 39g

Protein: 26.6

# Sweet Potato Soup

**Serves 4-6**

**Preparation time: 15 minutes; Cooking time: 30 minutes**

Olive or canola oil spray  
1 large onion, chopped  
2 teaspoons minced garlic  
1 teaspoon minced chilli  
2 teaspoons ground coriander  
1 kg sweet potato, peeled, cut into small cubes  
1 litre Chicken or Vegetable Stock  
150 ml can Light and Creamy Evaporated Milk  
½ cup chopped fresh coriander leaves  
4 small crusty loaves

Spray a large saucepan with oil and heat. Cook onion over medium heat for 3-4 minutes, until soft. Add garlic, chilli and ground coriander, cook, stirring, for 1 minute. Add sweet potato and chicken or vegetable stock. Bring to the boil, then reduce heat and simmer, partially covered, for 20 minutes, until sweet potato is tender. Cool slightly and purée in a blender until smooth. Return to the saucepan, add milk and reheat gently. Stir through coriander and garnish with extra whole leaves if desired.

## **Per Serving:**

Calories: 504

Carbohydrate: 91g

Protein: 22g



# Minestrone Soup

Serves 4

Preparation time: 15 minutes; Cooking time: 20 minutes

HINT: For a vegetarian soup, omit bacon and use vegetable stock. Also, try other canned beans, such as cannellini or borlotti. This soup is better made a day in advance as the flavours will improve, but only add the pasta when reheating. It keep for up to 3 days in the fridge.

Olive or canola oil spray  
1 onion, finely chopped  
2 rashers bacon, chopped  
2 carrots, halved lengthways, thinly sliced  
2 aubergines, halved lengthways, thinly sliced  
4 ripe tomatoes, chopped  
1 litre Chicken or Vegetable Stock  
1 cup small pasta shells  
½ cup frozen green peas  
400 g can red kidney beans, rinsed and drained  
Crusty bread, to serve

Spray a large saucepan with oil and heat. Add onion and bacon and cook over medium heat for 5 minutes or until onion is soft and bacon is brown. Add carrot, aubergine, tomato and stock. Bring to the boil, then reduce the heat to medium and cook, partially covered, for 5 minutes. Add pasta and cook for 5 minutes, then add peas and beans and cook for another 5 minutes or until the pasta and vegetables are tender. Garnish with flat-leaf parsley leaves, if desired. Serve with crusty bread.

## Per Serving:

Calories: 567

Carbohydrate: 89g

Protein: 28g

## **Salmon Bake**

Serves 4

Preparation time: 10 minutes; Cooking time: 15 minutes

HINT: This recipe freezes well. Canned tuna or crab can be used instead of salmon.

White Sauce:

2 cups low-fat milk

2 tablespoons cornflour

Black pepper. to taste

415 g can salmon in water, drained

4 cups cooked brown rice

450 g can pineapple pieces in natural juice, drained

300g can corn kernels

1 cup chopped red and green peppers

2 shallots, chopped

black pepper, to taste

1 cup dry breadcrumbs

¼ cup grated low-fat tasty cheese

To make white sauce: pour all but 2 tablespoons milk into a covered microwave dish and cook on HIGH for 2 minutes or until boiling. Mix cornflour with remaining milk until smooth. Add cornflour mixture to hot milk and whisk until well combined. If the sauce is not yet thickening, place in microwave for a further 2 minutes and stir every 30 seconds. Season with black pepper. To make the filling: combine salmon, rice, pineapple, corn, peppers, shallots and black pepper. Pour into a 30-cm ovenproof dish. Pour white sauce over it and sprinkle combined breadcrumbs and cheese on top. Bake in a preheated 180°C (350°F) oven until top is golden brown and salmon is heated through. Serve with a tossed salad. Garnish with chopped chives, if desired.

**Per Serving:**

Calories: 790

Carbohydrate: 117g

Protein: 47g

## **Spaghetti with Chilli Beef and Beans**

Serves 4

Preparation time: 10 minutes; Cooking time: 25 minutes

HINT: This sauce keeps in the fridge for up to 2 days - in fact, the flavour improves if made ahead. It can also be frozen for up to 2 months.

Olive or canola oil spray  
500 g lean beef mince  
2 teaspoons Mexican Chilli powder  
250 ml Beef Stock  
575 g jar tomato-based pasta sauce  
440 g can red kidney beans, rinsed and drained  
300 g can corn kernels, diced  
1 green pepper, diced

Spray a large saucepan with oil and heat. Add beef and chilli powder and cook over medium heat for about 5 minutes, until browned, breaking up any lumps. Stir in stock and pasta sauce, and bring to the boil. Reduce heat and simmer, partially covered, for 15 minutes, stirring occasionally. Add beans and vegetables and cook for a further 5 minutes. While sauce is simmering, cook pasta in a large saucepan of boiling water. Drain and serve with the sauce. Garnish with shredded parsley and spring onions, if desired. Note: Mexican chilli powder, a blend of herbs and ground chilli is not as hot as regular chilli powder, so if substituting with chilli powder, use half the amount.

### **Per Serving:**

Calories: 854

Carbohydrate: 130g

Protein: 52g

## Chilli Chicken & Rice

Serves 4

Preparation time: 10 minutes; Cooking time: 10 minutes

HINT: Use lavash or mountain bread instead of lettuce to add extra carbohydrate. Add other vegetables (such as sliced courgette, mushrooms, corn) to the mixture to make a complete meal

Spray canola or olive oil  
1 red onion, finely sliced  
300 g chicken mince  
2 teaspoons minced garlic  
2 teaspoons minced ginger  
1 red pepper, finely chopped  
1 tablespoon Fish Sauce  
1-2 tablespoons Sweet Chilli Sauce, to taste  
2 tablespoons chopped fresh coriander  
5 cups cooked long-grain white rice  
12 iceberg lettuce leaves

Spray a nonstick wok or frying pan with oil and heat. Add the onion and cook for about 2 minutes or until just soft. Add the chicken mince, garlic and ginger and cook for about 5 minutes or until browned, breaking up lumps of mince with a wooden spoon. Add the pepper and cook for 3 minutes more, stirring frequently. Add the fish sauce and sweet chilli sauce, to taste. Stir in the coriander. To serve, spoon the chicken mixture and rice into the lettuce leaves and roll up to eat with your fingers.

**Per Serving:**

Calories: 642

Carbohydrate: 112g

Protein: 35g

## **Rice, Pork & Mango Salad**

Serves 4

Preparation time: 10 minutes; Cooking time: 6 minutes

HINT: If you want to use fresh mango in season instead of canned, replace the reserved mango juice with the same amount of orange juice.

500g pork fillets, trimmed  
Spray of canola or olive oil  
1 teaspoon minced ginger  
2 tablespoons hoi sin sauce  
400g can mango slices  
1 Lebanese cucumber  
2 cups cooked long-grain rice  
1 small red pepper, chopped  
125ml (½ cup) lemon juice  
2 tablespoons honey  
1 teaspoon chopped fresh dill  
Salt and freshly ground black pepper, to taste  
300 g mixed salad greens

Cut the pork into strips. Spray a non-stick wok or frying pan with oil and heat. Stir-fry the pork in 2 batches for 3 minutes each. Add the ginger and hoi sin sauce to the pork and toss to combine. Drain the mangoes and reserve 1/3 cup of the juice. Cut the cucumber in half lengthways, then into slices, and combine with the rice and pepper. In a small bowl or jug, mix together the mango juice, lemon juice, honey and chilli. Pour over the rice salad, toss to combine and season to taste. Gently stir the mango slices and pork through the rice. Serve on a bed of salad greens.

**Per Serving:**

Calories: 520

Carbohydrate: 71g

Protein: 39g

## **Pork & Vegetable Stirfry**

Serves 4

Preparation time: 10 minutes; Cooking time: 15 minutes

HINT: You can also serve this dish with 375 g pasta spirals or shells, cooked until al dente, as an alternative to rice.

- 1 bunch asparagus
- 1 large carrot
- 2 cups white long-grain rice
- Spray canola or olive oil
- 500g pork fillet, cut into thin strips
- 1 onion, cut into thin wedges
- 1 teaspoon minced garlic
- 2 teaspoons minced ginger
- 125 ml (½ cup) plum sauce
- 1 tablespoon soy sauce

Trim the woody ends from the asparagus and cut into 4 cm lengths. Peel the carrots and cut into thin sticks about 4 cm long. Cook the rice in a large pan of boiling water for about 12 minutes or until tender. Spray a nonstick wok or frying pan with oil and heat. Stirfry the meat in 2 batches over high heat for 3-4 minutes or until well browned and tender. Remove from the pan and set aside. Add the onion to the pan and stirfry over medium-high heat for 2 minutes or until beginning to soften. Add the garlic, ginger, asparagus and carrot and stirfry for 3 minutes or until vegetables are tender but still crisp. Return meat to the pan along with plum and soy sauces. Stir to heat through and serve with the rice.