Performance Nutrition - Recipe of the week

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

Cottage Pie

Performance benefits: this is a hearty comfort meal that helps make the looming winter more bearable. The combination of carrots, white and sweet potatoes helps boost the nutrient benefits of this meal beyond just providing carbohydrates to replenish muscle glycogen. Sweet potatoes contain vitamin A and anthocynins, and white potatoes contain vitamin C and flavonoids. All of those nutrients play a massive role in reducing inflammation and stress after training, which boosts the immune system helping to prevent illness during the wet and cold months.

Serves: 3

Preparation time: 10 minutes

Cooking time: 50 minutes

Allergy Information: Stock might contain gluten and MSG

Nutrient content - per serving / per 100 g;

Energy:	679 kcal / 100 kcal	HIGH ENERGY MEAL - Eat during high intensity/volume training
Protein:	55 g / 8 g	([P] = indicates main source in recipe)
Carbohydrate:	73 g / 11 g	([C] = indicates main source in recipe)
Fat:	21 g / 3 g	([F] = indicates main source in recipe)

You will need;

- 1 tablespoon olive oil
- 1 medium red onion, chopped
- 1 garlic clove, chopped
- 500g extra lean beef steak mince [P,F]
- 1 tablespoon tomato purée
- 1 teaspoon dried mixed herbs
- 200ml beef stock made with 1 stock cube
- 400g sweet potatoes, chopped into chunks[C]
- 300g old potatoes, chopped into chunks[C]
- 300g carrots, chopped
- 300g British garden peas

Method;

1. Cook the sweet potatoes, potatoes and carrots in a pan of boiling water for 15 minutes, until soft.
2. During this time, heat the oil in a pan and fry the onion for 5–10 minutes, until soft, adding the garlic for the last minute. Then turn up the heat to medium-high, add the mince and cook for 5 minutes.
3. Preheat the oven to 200°C, fan 180°C, Gas mark 6. Then drain and mash the potatoes and carrots.
4. After that, add the tomato purée and mixed herbs to mince and stir through, then pour in the stock (add a few drops of Tabasco sauce for a bit if spice if desired).
5. Bring the mixture to the boil then simmer for 15 minutes, until thickened.
6. Spoon the mince mixture into a baking dish and top with the mash. Bake in the oven for 20 minutes.
7. Cook the peas in boiling water for 2 minutes. Drain and serve as a side.

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Adapted from Sainsbury's Website on **23rd November 2011**