

QUICK TASTY MEALS 2

In recognition of the fact that, as busy athletes, there is little time to think about meals and get creative in the kitchen, here are a few ideas which may fill your stomach with minimal input. Enjoy!!

- Sliced Ham from the deli of your supermarket is ideal to have on hand for a variety of quick and easy meals, use it on sandwiches, rolls, rice crackers, in salads, on pizza or as a protein addition to your favourite pasta sauce.
- Use up left over rice by adding a beaten egg, and a little plain flour to hold together. Add a drained can of tuna or salmon. Shape into patties and fry in a little oil until golden. Serve with salad.

Jacket Potatoes (approx 20mins)

Microwave a potato (with skin still on) till tender (around 3-4 mins). When cooked, cut a cross into the top of the potato, and gently push sides in, to splay cooked potato and make a hole for toppings. Toppings may include: baked beans and cheese, left over chilli con carne, tuna and salsa, ham and salsa, creamed corn. With added extras like avocado, chopped chives and light sour cream. Serve with side salad.

Chickpea Salad (5 min)

Combine a can of rinsed chickpeas, a couple of handfuls of rocket, $\frac{1}{2}$ cup semi-dried tomatoes and one sliced avocado in a salad bowl. Dress with a mixture of macadamia nut oil, lemon juice and a dash of wholegrain mustard. Serve with crusty roll.

Chicken Wraps (5mins)

BBQ chicken (deli at supermarket)
Hummus
Tabouli (deli section of supermarket)
Lavish wraps

Spread wrap with hummus, spoon tabouli into a row down the middle, add layer of chicken on top.

Quick Pasta

Cook pasta till tender. Heat salsa dip (eg. Paul Newman's or Doritos salsa dip) in the microwave (or stovetop). Heat with diced light ham or tuna. Spoon over cooked pasta with chunks of avocado.

Speedy Chicken noodle soup (serves 3)

Preparation time- 5mins

Cooking time- 10 mins

300g chicken thigh fillets
2 cups (500mls) liquid chicken stock
 $\frac{1}{2}$ cup water
1 garlic clove, crushed
1 tsp grated ginger
70 grams thin spaghetti
 $\frac{1}{2}$ can sweet corn kernels
 $\frac{1}{2}$ cup lite milk
2 shallots, sliced

1. Trim excess fat from chicken and slice into thin strips. Heat stock, water, garlic and ginger in a medium pan until boiling.
2. Break spaghetti into short pieces (about 8cm long) and drop into stock. Stir and cook for 2 mins. Add chicken strips and cook for a further 5 minutes.

While this is cooking, process corn kernels with the milk until roughly chopped. Add to saucepan with shallots and heat until warmed through. Spoon into bowls.

Pasta with cherry tomatoes & chicken (serves 4)

Preparation time- 5 minutes

Cooking time- 15 minutes

200g spiral pasta (or 4 cups precooked and cooled left over pasta)
1 small supermarket roast/BBQ chicken
1 avocado
2 tbs pine nuts
200g punnet grape or cherry tomatoes, halved
1 small red onion
Handful of baby rocket
 $\frac{1}{4}$ cup balsamic vinegar/dressing or alternatively, a dressing made of fresh lemon juice and olive oil.

1. Cook pasta in a large pan of boiling water for 10mins or until tender. Drain and rinse with cold water. Set aside.
2. Remove meat from chicken, discarding bones and skin. Cut into chunks. Cut avocado into large pieces.
3. Combine all ingredients except dressing in a large serving bowl. Drizzle with dressing just before serving.