

Recipes by Gabriel Gaté for

# HIGH ENERGY and sports performance



## FRESH TASTES

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2 pieces of 200 g sirloin or porterhouse  
a little olive oil  
about 300 g pumpkin, cut into 1 cm slices  
salt and freshly ground black pepper  
6 pieces of mountain bread  
or 6 large pita breads or tortilla  
6 tbsp tzatziki dip  
about 80 g alfalfa  
a handful of rocket leaves  
or other green leaves  
1 large carrot, grated  
3 small tomatoes, sliced  
**Makes 6 wraps**

Spread the breads with tzatziki and garnish half of each bread with a little alfalfa, rocket, grated carrot and tomato slices. Slice the steaks into 1 cm thick pieces. Cut pumpkin the same size as the steak.

Garnish each wrap with pieces of meat and pumpkin. Season with a little salt, then wrap the flat bread around the filling. Cut each wrap in half in the middle and serve.



### Baked Potatoes with Mexican-style Beans

Baked potatoes are easy to prepare. Simply wrap a large, washed potato in foil and bake it in a medium to hot oven. A large potato takes a little less than 1 hour.

For a Mexican-style topping, drain a can of red beans and reheat them in a small saucepan with 2 chopped tomatoes, 1 tsp paprika, 1 tsp ground cumin, 1 tsp of ground coriander, a pinch of chilli and a little salt and pepper. Garnish with a little low-fat sour cream. Delicious!

### Tasty Beef and Salad Wraps

Cut any fat from the meat. Coat the meat and pumpkin slices with a little oil and season with pepper. Cook sirloin steaks and pumpkin on a hot grill or in a non-stick pan for 2 ñ 4 minutes on each side, according to your taste. The pumpkin must be soft.



### Spanish Omelette

1 large tomato  
10 baby mushrooms  
about 2 cups spinach leaves  
1 tbsp olive oil  
4 eggs  
salt and freshly ground black pepper  
2 tbsp chives  
**Serves 2**

Cut tomato in half and squeeze out the seeds and liquid. Dice tomatoes.

Wash mushrooms and spinach.

Heat half the oil in a non-stick pan and cook mushrooms for 3 minutes. Transfer mushrooms to a bowl. Add spinach to pan and cook until wilted. Transfer spinach to a colander.

Beat eggs in a bowl and season with salt and pepper.

Heat remaining oil in a 20 cm (approximately) non-stick frying pan. Add beaten eggs and diced tomato. Allow the eggs to set in the pan for about 10 seconds before stirring the eggs for a few seconds using a flat wooden spoon. Spread the mushrooms and spinach over the omelette and gently press the vegetables in a little. Sprinkle with chives and continue to cook until the egg is all set.



### Wholemeal Apple and Date Loaf

Grease a bread tin and sprinkle the base and sides with flaked almonds.

a little butter or oil to grease the tin  
3 tbsp flaked almonds  
3 medium to large apples, e.g. Granny Smith, golden delicious  
3 large eggs  
1 tbsp finely grated lemon zest  
¾ cup caster sugar  
1 cup light cream  
½ cup almond meal  
1 cup wholemeal self-raising flour  
¼ cup walnut halves, cut into pieces  
2 tbsp sultanas  
8 ñ 10 pitted dates  
a little extra caster sugar to dust the cake  
**Serves 8 – 10**

Peel, quarter, core and dice 2 of the apples. Place diced apple in a bowl, cover and cook in the microwave for 2 minutes. Transfer cooked apple to a plate to cool.

Beat eggs, lemon zest and caster sugar together until thick and creamy. Fold through the cream, then the almond meal and flour, but don't over mix. Gently stir in diced apple, walnut pieces and sultanas. Preheat oven to 160C. Place half of the mixture into the prepared tin. Gently place pitted dates on top and cover with remaining cake mixture.

Peel, halve, quarter and core remaining apple. Cut each quarter into 6 segments and place on top of cake and dust with extra sugar. Bake cake in oven for 1 hour.



Allow to cool in the tin for 5 minutes before turning out.

1 cup low-fat milk  
1 cup low-fat yoghurt  
2 bananas  
2 tsp honey, optional  
**Serves 2**

This is a healthy drink full of goodness. Use seasonal fruits and, if you wish, use low-fat milk and yoghurt. Add a tablespoon of wheat germ per person for extra nourishment.

### Banana Smoothie

Place milk, yoghurt, banana and honey in a blender and blend until smooth. Pour into 2 glasses. Serve immediately.

### Red Fruit Smoothie

Replace the 2 bananas with 250 g red fruits or your choice, e.g. strawberries, raspberries, blueberries, blackberries.

### Apricot Smoothie

Replace 2 bananas with 6 fresh stoned apricots.

### Athletes Super Sandwich

A sandwich is easy to digest, satisfying, easy to transport and a great source of nutrition for athletes.

A super sandwich starts with good bread. Try to vary the bread and use sourdough, rye, wholegrain, wholemeal, walnut and olive bread. Spread the bread with sliced avocado, peanut butter or a dip, like hummus or tzatziki. Use thinly sliced cheese, such as a Swiss-style or cheddar, and fill the sandwich with a selection of raw vegetables, like grated carrot, alfalfa, salad greens, cucumber, radishes, tomato. Or try grilled vegetables, such as zucchini, eggplant, capsicum and pumpkin.



## Spaghetti with Vegetables and Beans

1/2 cup broccoli, cut into small pieces  
1 small eggplant, thin and long about 150 g spaghetti  
2 tbsp olive oil  
1/4 brown onion, chopped  
1/2 red capsicum, finely sliced  
1 small zucchini, finely sliced  
freshly ground black pepper  
1 tomato, diced  
400 g can beans, e.g. cannellini or butter beans  
1/2 clove garlic  
4 basil leaves, finely sliced  
2 tsp parmesan cheese

**Serves 2**

Wash broccoli and steam until just cooked. Cut eggplant in half lengthwise and slice finely. While the spaghetti is cooking, heat the oil in a non-stick wok and stir-fry onion and capsicum for 3 minutes. Add zucchini and eggplant and stir-fry until soft. Season with salt and pepper. Add tomato, broccoli and drained beans and reheat for 1 minute.

Gently mix drained pasta with the garlic, basil and vegetables and serve sprinkled with a little grated parmesan cheese.

Cook spaghetti in a large volume of salted boiling water, according to packet instructions. Drain spaghetti when cooked.



## Smashed Potato

4 medium potatoes a little salt a knob of butter or a spread of your choice or 2 tbsp olive oil about 2 tsp chopped parsley

**Serves 4**

Peel and quarter potatoes and cut quarters in half. Wash potatoes and place them in a pan. Cover with cold water, season with salt then boil until cooked. It takes 10 to 15 minutes. Drain potatoes. Smash potato and butter with a fork. Mix in parsley and serve.



## Chicken and Vegetable Casserole

1 stick celery  
1 medium carrot  
1/2 brown onion  
4 skinless chicken maryland or 8 skinless chicken pieces on the bone  
2 tsp plain flour to dust chicken salt and freshly ground black pepper  
2 tsp olive oil  
2 sprigs thyme, finely chopped  
1/4 cup dry white wine, optional  
1 cup strong chicken stock  
4 tomatoes, finely chopped  
8 squash, cut in half  
800 g green beans, topped, tailed and halved  
1 clove garlic, finely chopped  
3 tsp chopped parsley

**Serves 4**

This casserole is served over Smashed Potato. (see recipe)



## Tacos

1 tsp olive oil  
1 small carrot, finely chopped  
1/2 brown onion, finely chopped  
1 small stick of celery, finely chopped  
2 tsp ground paprika  
1 tsp ground cumin  
1 tsp ground coriander  
about 400 g lean minced beef  
1 tsp tomato paste  
3/4 cup water  
salt and freshly ground black pepper  
12 taco shells  
1 large tomato, chopped  
1/2 cup chopped peeled cucumber  
4 large lettuce leaves, shredded  
1 avocado, cut into 12 wedges  
a few coriander leaves  
1/2 cup grated Swiss-style cheese

**Makes 12**

Heat oil in a non-stick frying pan and cook carrots, onion and celery for 5 minutes. Stir in paprika, cumin and coriander.

Add minced beef and cook on high heat for 3 minutes, while stirring. Stir in tomato paste and water. Season with salt and pepper. Bring to a simmer and cook on low heat for 15 minutes, stirring occasionally.

Heat taco shells according to packet instructions. Garnish shells with cooked meat, chopped tomato, cucumber, lettuce, avocado and coriander leaves. Sprinkle with grated cheese and serve.

## Watermelon Basket with Fruits

This is a fun way to introduce fruits after sport.

1 watermelon  
4 oranges  
2 punnets of large strawberries  
2 bananas  
2 kiwi fruits  
1/2 pawpaw or other fruit of your choice

You'll have extra watermelon pieces that you can serve separately.



Using a sharp paring knife or small serrated knife, carefully cut a basket with a handle out of the watermelon. Look at the photograph for details. Draw your cuts on the watermelon first before cutting.

Scoop out the flesh of the watermelon using a spoon and knife. Place the melon flesh in a bowl. Prepare fruits into manageable pieces and fill the basket with your selection.

## Corn on the Cob

Strip the corn cobs of their leaves and silk, wash the cobs and cut them in half. Cook corn cobs for 5 minutes in a large volume of salted boiling water until tender, then drain. Drizzle corn cobs with a little olive oil and spread with a little butter. Season with pepper and sprinkle with coriander leaves. Just before serving, squeeze a little lemon juice over the corn.

Finely chop celery, onion and carrot. Coat chicken with flour and season with salt and pepper. Heat oil in a non-stick casserole dish and brown chicken on all sides. Stir in thyme, celery, carrot and onion, and cook for 3 to 4 minutes on medium heat. Add wine and bring to a boil. Add stock and tomatoes, stir well and bring to a simmer. Lower heat, cover and cook for 25 to 35 minutes. Steam squash, and cook beans in boiling water. Add beans and squash to the casserole and reheat well. Stir in garlic and parsley.



Corn is one of the most satisfying vegetable snacks and can be seasoned with your choice of spices, like pepper or cumin, and herbs, like chives, dill or coriander.

# HELPFUL HINTS

**Fruits make the best snack during sports. We've all seen top tennis players eating a banana between games!**

- The night before a game, eat a good serve of carbohydrate food such as pasta, noodles, potatoes or rice and eat a variety of vegetables.
- To maintain muscles, eat lean meat (cooked in a minimum of fat) or some vegetarian protein.
- Eat only a moderate amount of foods containing added sugar, as they provide only short-lasting energy, but contain a lot of calories that can be fattening.
- Drink fresh fruit juices, low-fat smoothies and water.
  - Generally speaking, food that promotes high performance is low in fat, so avoid deep-fried foods.
  - Fresh fruits and vegetables offer the best intake of vitamins to keep your body and mind in top working order.
  - To maintain strong bones, active people must eat calcium through low-fat dairy products.
- Avoid skipping breakfast on a performance day. Eat cereals with high fibre carbohydrate and low in fat and sugar. Use low-fat milk or yoghurt and top with a variety of seasonal fruits.
  - Other great sports snacks are salad sandwiches, low-fat muffins and rice dishes with vegetables.



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