

Running on Rice

The majority of the world's population can't be wrong – rice is a staple for over two-thirds of the population and there is good reason why. It is very nutritious, versatile, economical and easy to prepare. What's more, it tastes great too. Rich in carbohydrate, a meal based on rice is sure to rebuild energy reserves in preparation for the next training, no matter what your coach throws at you. Rice is also an excellent source of other essential nutrients including protein, B group vitamins, phosphorus, iron and potassium. In fact, rice provides more protein in the diets of people throughout the world compared with any other types of food. With virtually no fat, a meal that is rice based can be a nutritious one.

Braised Pork with Mushrooms • Chili Lamb with Tomato • Thai-Style Beef Stir-Fry • Stewed Apricot Chicken • Mango and Chicken Kebabs • Speedy Fish Baked Rice • Spiced-Up Beef Stew • Oriental-Style Pork • Paprika Fish Paella • Baked Honey Chicken





Chili Lamb with Tomato

- 500g lean minced lamb
- 1 large onion, chopped
- 1 cup frozen sweetcorn, boiled and drained
- 2 fresh tomatoes, chopped
- 2 large green chillies, chopped
- 2 tablespoons canola oil
- 1 teaspoon salt
- 1 teaspoon ground cinnamon
- 6 cups cooked rice
- 1½ cups low fat yoghurt

1. Heat oil in a wok and fry onion until golden brown.
2. Add minced lamb and stir-fry for 2 minutes.
3. Stir in sweetcorn, tomatoes and chillies.
4. Season with salt and cinnamon. Serve over cooked rice and low fat yoghurt.

SERVES 5 • Preparation time: 10 minutes • Cooking time: 10 minutes

TIPS:
Remove the seeds of the green chillies to make the recipes less spicy.

NUTRIENT ANALYSIS	PER SERVE	% ENERGY DISTRIBUTION
Energy (kcal)	564	
Carbohydrate (g)	79	56
Protein (g)	33	24
Fat (g)	12	20
Calcium (mg)	134	
Iron (mg)	5.0	

Braised Pork with Mushrooms

- 500g pork fillet, fat trimmed and sliced
- 120g Shiitake mushrooms, coarsely sliced
- 100g French beans, sliced diagonally
- 2 spring onions, chopped
- 5 cloves garlic, finely chopped
- ¾ cup water
- 1½ tablespoons cornflour mixed with 2 tablespoons cold water
- 1 tablespoon canola oil
- 6 cups cooked rice

MARINADE

- 3 slices ginger
- 1 stalk lemon grass, coarsely chopped
- 1 teaspoon five spice powder
- 1 teaspoon granulated sugar
- 2 tablespoons light soy sauce
- 2 tablespoons dark soy sauce
- ½ teaspoon sesame oil

1. Marinate pork in ginger, lemon grass, five spice powder, sugar, light and dark soy sauces, and sesame oil for 10 minutes.
2. Heat oil in a wok and stir-fry garlic until fragrant. Add pork with marinade and cook for 2 minutes.
3. Add French beans and water, and bring to boil for 2 minutes.
4. Reduce heat and simmer, covered over low heat for 3 minutes.
5. Add mushrooms and stir in cornflour mixture. Simmer until gravy thickens.
6. Garnish with spring onions and serve immediately over cooked rice.

SERVES 5 • Preparation time: 20 minutes • Cooking time: 10 minutes

NUTRITION TIPS:
To maintain adequate protein in our daily meal plans, include a small serving of protein-rich food at each meal.

NUTRIENT ANALYSIS	PER SERVE	% ENERGY DISTRIBUTION
Energy (kcal)	490	
Carbohydrate (g)	75	61
Protein (g)	29	24
Fat (g)	8	15
Calcium (mg)	44	
Iron (mg)	2.8	





TIPS:
 Be careful while simmering the milk. Do not over simmer or boil the milk, otherwise coagulation or curdling of milk protein will occur.
 Thai Green Curry Paste is easily available in local supermarket under the spices and sauces section.

NUTRITION TIPS:
 To maintain adequate protein in our daily meal plans, include a small serving of protein-rich food at each meal.

NUTRIENT ANALYSIS	PER SERVE	% ENERGY DISTRIBUTION
Energy (kcal)	630	
Carbohydrate (g)	94	61
Protein (g)	35	22
Fat (g)	12	17
Calcium (mg)	154	
Iron (mg)	4.9	

Thai-Style Beef Stir-Fry

- 500g sirloin beef, trimmed and sliced
- 4 medium potatoes, peeled and cubed
- 2 medium carrots, thinly sliced
- 150g young asparagus spears, cut into 5cm lengths
- 1 red capsicum, sliced lengthwise
- 1 cup low fat milk
- 2 tablespoons Thai green curry paste
- 1 tablespoon canola oil
- 6 cups cooked rice

1. Boil potatoes and carrots in boiling water for few minutes.
2. Heat 1 tablespoon oil in a wok and stir-fry curry paste until fragrant.
3. Add beef and stir-fry for 2 minutes until meat is brown. Add 3/4 of the milk and simmer uncovered for another 2 minutes. Remove beef, leaving gravy in the wok.
4. Add potatoes, carrots, asparagus, and red capsicum into gravy and simmer, covered for about 5 minutes.
6. Stir in cooked beef and add salt, sugar and pepper to taste. Serve immediately over cooked rice.

SERVES 5 • Preparation time: 15 minutes • Cooking time: 15 minutes

Stewed Apricot Chicken !

- 500g chicken breast, skinless, sliced
- 1 large onion, chopped
- 4 cloves garlic, chopped
- 4 slices ginger
- 10 dried apricots, chopped
- 2 cups snowpeas
- 1 cup fresh button mushrooms, halved
- 1 tablespoon cashew nuts, coarsely chopped
- 1/2 cup water
- 1 teaspoon canola oil
- 6 cups cooked rice

- MARINADE**
- 1 teaspoon five spice powder
 - 1 teaspoon salt
 - 1 teaspoon ground white pepper

1. Marinate chicken in five spice powder, salt and pepper.
2. Heat oil in a wok and stir-fry onions, garlic and ginger followed by chicken for 3 minutes.
3. Add in snowpeas, apricots and water. Cover and simmer for 8 minutes.
4. Add mushrooms and simmer for 2 minutes.
5. Remove from heat and sprinkle with chopped cashew nuts. Serve immediately over cooked rice.

SERVES 5 • Preparation time: 15 minutes • Cooking time: 15 minutes

TIPS:
 Cashew nuts can be substituted by almond nuts, pistachio nuts or peanuts.

NUTRIENT ANALYSIS	PER SERVE	% ENERGY DISTRIBUTION
Energy (kcal)	500	
Carbohydrate (g)	75	59
Protein (g)	30	25
Fat (g)	8	16
Calcium (mg)	46	
Iron (mg)	2.5	

