



# **INSIDE** SPORT

## 12 Tasty & Nutritious Recipes

Recipes by Accredited Practising Dietitians and Sports Dietitians





### SPORTS NUTRITION TIP

This recovery recipe is designed specifically for the vegan athlete with 10g protein and 3.4mg of iron per serve, and is especially valuable when multiple training sessions are attended in one day.

## Pro-recovery Balls

Recipe by Georgia Fassoulidis APD and Sports Dietitian

15 minutes preparation and assembly time - Serves 11 (4 per serve)

**1 cup White Quinoa**  
**½ cup Puffed Rice**  
**1 cup Pitted Dates**  
**3 medium fruit Banana**  
**1 cup Pumpkin seeds**  
**1 cup Sunflower seeds**  
**1 cup Flaxmeal**  
**½ cup Desiccated coconut**  
**2 tb Honey**  
**2 tsp Vanilla Bean Paste With**  
**Vanilla Seeds**  
**½ cup Water**

Mix all dry ingredients together in a large bowl (except for coconut)  
Transfer mixture to a food processor and blitz  
Add banana, honey, vanilla and continue to blitz until combined  
Transfer to large bowl, slowly stir in ½ cup water until all ingredients are combined  
Roll mixture into balls and then through coconut  
Refrigerate



### SPORTS NUTRITION TIP

A High protein and energy fuel source great for a post-workout snack or small meal, try dipped in Greek yoghurt for added protein.

## High Energy Breakfast Bars

Recipe by Jacqui Heward APD and Sports Dietitian

15 minutes preparation and assembly time - Serves 16

**1 ½ cups of rolled oats**  
**¼ cup of pepitas**  
**½ cup of almonds**  
**½ cup of shredded coconut**  
**¼ cup of sesame seeds**  
**½ cup of raisins**  
**¼ cup of honey**  
**½ cup peanut butter**  
**½ cup of water**

Toast pepitas, almonds, sesame seeds and coconut under a grill for 2-3 minutes or until golden brown. Combine in a large mixing bowl

Add oats and raisins to the bowl and mix

Combine honey, peanut butter and water in a small saucepan on low heat

Stir liquid mixture with dry ingredients until all dry ingredients are coated

Press the mixture into a lined baking tin. Refrigerate for at least 2-3 hours before cutting





### SPORTS NUTRITION TIP

A quick, easy, healthy option for busy people. This recipe is delicious way to incorporate more vegetables, fibre and Omega 3 fats into your diet.

## Soba Noodle Salad With Smoked Salmon

Recipe by Jacqui Heward APD and Sports Dietitian

25 minutes preparation and assembly time - Serves 11

**100g Soba noodles (dry)**

**2 spring onions finely sliced**

**1 medium carrot grated**

**1 small cucumber thinly sliced**

**½ red capsicum thinly sliced**

**10 snow peas thinly sliced**

**½ cup coriander leaves roughly chopped**

**2 tsp sesame seeds**

**150g smoked salmon fillet**

**2 tsp Sesame oil**

**1 tsp Salt reduced soy sauce**

**Juice of ½ lime**

**1 Tbsp white wine vinegar**

**Black pepper to serve**

Cook noodles to packet instructions, rinse in cold water and drain thoroughly

Divide noodles between two large serving bowls

Arrange chopped vegetables on top of the noodles, then divide the smoked salmon and place on top

Mix lime juice, sesame oil, soy sauce and vinegar and dress the salad

Garnish bowls with coriander and sesame seeds, serve



# Chicken Quesadillas & Tomato Salsa

Recipe by Jane Freeman APD and Sports Dietitian

20 minutes preparation and assembly time - Serves 5

## Chicken quesadillas

**400g chicken mince**

**100g low fat mozzarella cheese**

**2 tsp olive oil**

**1 medium onion, finely chopped**

**2 garlic cloves**

**1 medium carrot, grated**

**1 medium zucchini, grated**

**2 tsp cumin**

**1 tbsp of packet burrito seasoning mix  
or homemade - pinch of chili powder, 2  
tsp paprika, 1 tsp cumin, ¼ tsp oregano)**

**- extras can be stored in an airtight  
container.**

**5 wholemeal tortilla wraps**

**5 tsp barbeque sauce**

**50g rocket and or baby spinach**

## Tomato salsa

**2 large tomatoes finely chopped**

**2 small lebanese cucumbers finely chopped**

**2 tbsp chopped coriander**

**1 lime juiced**

**Black pepper**

**¼ cup baked, low-salt corn chips**

Heat olive oil in a large pan, saute onions and garlic for approx 2-3 minutes

Add grated carrots, zucchini, burrito spice mix, stir well

Saute chicken mince in small batches; then add to the vegetable & burrito spice mix

Simmer for 5-10 minutes on low

Place 2 heaped tbsp of chicken mix on one half of the wrap. Add 1 tbsp cheese  
and 1 tsp barbeque sauce & some rocket or spinach. Fold in half and dry fry on  
both sides

Cut in half and serve with ¼ cup of tortilla chips and 2-3 tbsp of salsa

Finely chop tomatoes, Lebanese cucumbers, coriander

Season with lime juice, pepper and pinch of salt.





# Wholesome Chocolate Brownies

Recipe by Jane Freeman APD and Sports Dietitian



35 minutes preparation and assembly time - Serves 20

**1 cup plain flour**

**1 cup wholemeal flour**

**3/4 cup brown sugar**

**200g olive oil spread**

**4 free range eggs**

**2 tbsp chocolate cocoa powder  
(Hershey's)**

**1/3 cup dark or milk chocolate  
chips**

Preheat oven to 180°C. Grease a 19 cm x 29cm slice pan

Place zucchini in a bowl and add 6 tablespoons of water. Microwave for 2-3 minutes, then cool while retaining the liquid

When cool, place zucchini in blender with apple juice and blend well

Cream together butter and sugar until light and fluffy

Combine plain and whole-meal flours with baking powder

Add a small amount of the flour mixture to the butter/ sugar mixture, alternating with the eggs (flour then egg, then flour then egg, etc), stirring after each addition until all the eggs and flour have been added

Add zucchini/ juice mixture and unsweetened chocolate, beat until combined. Finally add chocolate chips

Pour into the slice pan and bake for 20-25 minutes (no longer)

Cut into large bite sized slices 16 serves



**SPORTS  
NUTRITION TIP**  
A great source of protein,  
carbohydrate, fibre,  
vitamins and minerals,  
making this meal perfect  
as your post training  
nutrition, facilitating  
recovery.

## Sweet Potato, Beetroot & Chickpea Salad

Recipe by Kate Gemmell APD and Sports Dietitian

45 minutes preparation and assembly time - Serves 4

**1 medium sweet potato, peeled and cubed**  
**½ tsp paprika**  
**½ tsp garlic powder**  
**Spray oil**  
**1 can chickpeas, drained and rinsed**  
**1 can whole baby beetroot, drained and quartered**  
**1 medium Spanish onion, finely sliced**  
**½ pear, cubed**  
**1 cup baby spinach**  
**1 cup rocket**  
**1 tbsp balsamic vinegar**  
**1 tbsp extra virgin olive oil**  
**100g goats cheese**

Preheat oven to 180°C

Place sweet potato in an oven proof dish, cover with paprika and garlic powder and spray with oil. Place in oven for 25 minutes, taking out and tossing once

Combine chickpeas, beetroot, Spanish onion, pear, spinach and rocket in a bowl

Mix to combine

Once sweet potato is cooked, remove from oven and allow to cool for 2 minutes before adding to the salad bowl

Add the balsamic vinegar and olive oil. Toss to combine

Serve with goats cheese crumbled over the top





### SPORTS NUTRITION TIP

Breakfast is the most important meal of the day. Eating a nourishing meal in the morning can help kick-start the metabolism and refuel our glycogen (energy) stores. Breakfast powers us for our morning training sessions and provides energy to keep us going throughout the day. Serve the clusters with some natural yoghurt or low fat milk to ensure you're getting a calcium-rich breakfast with a good source of carbohydrate and high-quality protein to promote muscle recovery and regeneration.

## Almond Granola Clusters

Recipe by Vicki Ma APD and Sports Dietitian

55 minutes preparation and assembly time - Serves 12

**3 cups of rolled oats**

**1 cup almonds**

**½ cup pumpkin seeds**

**½ cup walnuts, roughly chopped**

**½ cup of dried cranberries**

**6 dried dates, roughly chopped**

**½ cup shredded coconut**

**1 tsp cinnamon**

**sprinkle of salt**

**1 tbsp olive oil**

**½ cup maple syrup**

**1 tsp vanilla essence**

**Milk and/or yoghurt to serve**

Preheat oven to 180°C (160°C fan-forced). Line two large baking trays with baking paper

Mix oats, almonds, pumpkin seeds, walnuts, sprinkle of salt and cinnamon in a large bowl

In a medium bowl, whisk together oil, maple syrup and vanilla essence. Pour over dry ingredients and mix well to combine

Spread mixture evenly over baking trays and bake for 30 - 40 minutes, or until nicely toasted. Make sure to stir the granola every 10 minutes to prevent it from burning

Allow it to cool for 20 minutes. This will help it get crunchier

In a large bowl, mix granola with dried cranberries, chopped dates and shredded coconut. Store mixture in an airtight jar or container. Serve with yoghurt or milk





### SPORTS NUTRITION TIP

A protein rich vegetarian meal to help promote muscle repair after training. Add a side of brown rice for extra carbohydrates if you have high energy needs. Make double the recipe and enjoy your leftovers for lunch the next day.

## Chargrilled Broccoli With Almonds, Chilli & Chickpeas

Recipe by Claire Saundry APD and Sports Dietitian

25 minutes preparation and assembly time - Serves 4

**1kg broccoli (2 heads), cut into florets**  
**8 tbsp extra virgin olive oil**  
**80g salted capers, rinsed and drained**  
**2 garlic cloves, finely chopped**  
**1 long red chilli, thinly sliced**  
**500g cooked chickpeas, (2 tins, drained and rinsed)**  
**1 cup baby spinach**  
**Zest and juice of 1 lemon**  
**1 cup parsley, finely chopped**  
**2/3 cup mint leaves**  
**80g parmesan, shaved**  
**50g flaked almonds, toasted**

Place the broccoli florets in a perforated steam tray and steam at 100°C for 1 minute  
 Pre-heat a griddle pan on high heat, Induction setting 8, until the pan is smoking hot.  
 Remove the broccoli from the steam oven, quickly toss in half of the olive oil and place on the griddle pan, in batches, until you have nice char marks on the broccoli.  
 Keep aside in a large mixing bowl  
 Add the remaining oil into a small saucepan, with the capers, garlic and chilli  
 Cook on medium heat, Induction setting 5, until the garlic starts to just turn slightly golden  
 Remove from the heat immediately and pour directly over the broccoli  
 Add the chickpeas, spinach, lemon zest, salt and pepper and mix well



### SPORTS NUTRITION TIP

After a hard training session or game, your muscle glycogen stores are usually depleted - leaving you feeling tired and fatigued. By not replenishing your body with the right fuel sources it could compromise your ability to train hard at the next session. To maximise energy stores, and to speed up rate of recovery, you should aim to eat a good source of carbohydrate combined with moderate amounts of protein to help with muscle repair. A good 'rule-of-thumb' is to have 15 - 25g of high quality protein within one-hour post exercise.

## Protein Banana Bread

Recipe by Vicki Ma APD and Sports Dietitian

1 hour 15 minutes preparation and assembly time - Serves 12

**4 over ripe bananas**

**3 large eggs**

**1 cup almond meal**

**1 ½ cups whole meal self-raising flour**

**½ tsp bicarbonate soda**

**½ cup brown sugar**

**¼ cup olive oil**

**¼ cup natural yoghurt**

**1 tsp vanilla extract**

**Pinch of salt**

Preheat oven to 180°C (160°C fan-forced)

Grease and line a small loaf tin with baking paper. We use a pan that is about 20cm long, 10.5 cm wide (base measurements) and 7.5cm high

Sift flour, bicarbonate soda and salt together in a large mixing bowl. Then add almond meal to the flour mixture

Place mashed banana in a medium size bowl and use an electric mixer to beat sugar, oil and banana together until light and creamy. Add yoghurt, eggs and vanilla extract and beat well on medium speed until well combined

Add banana mixture to the bowl with the flour mixture and gently fold ingredients together until just combined. Don't over mix as this can make the banana bread tough. Transfer mixture to prepared pan

Bake for about 1 hour or until a skewer inserted into the centre comes out clean. Set aside in pan for 20 minutes to cool before turning onto a wire rack to cool completely. Cut into slices and serve immediately or store in airtight container for up to three days.





**SPORTS  
NUTRITION TIP**

This is an easy to make lasagne recipe, with kangaroo for high protein, iron and zinc together with some omega 3's. Add a rainbow of nutrients to this lasagne with different coloured vegetables. Choose your own depending on what is in season.

## Kangaroo & Pumpkin Lasagne

Recipe by Simone Austin APD and Sports Dietitian

1 hour 30 minutes preparation and assembly time – Serves 6

**1 ½ tbsps of extra virgin olive oil**  
**1kg kangaroo or lean beef mince**  
**575g jar of tomato-based pasta sauce**  
**375g fresh or dried lasagne sheets**  
**Herbs and spices to taste e.g. a handful of fresh basil and few sprigs of oregano, salt and pepper**  
**450g can of tomato soup**  
**1 cup grated zucchini**  
**1 cup grated carrot**  
**400g ricotta cheese**  
**1 cup milk**  
**1 cup grated tasty or parmesan cheese**

Preheat the oven to 180°C. Add 1 ½ tablespoons of extra virgin olive oil to a frying pan and heat. Add mince and brown completely. Add pasta sauce and simmer for a few minutes. Season with herbs to taste. Add the grated zucchini and carrot. Simmer for 20 minutes. Leave to cool slightly.

Mix the ricotta cheese with the milk to make a thick sauce. Brush the base of a lasagne or casserole dish with olive oil. Make the lasagne starting with a layer of pasta and alternating with a thin layer of pasta sauce and pumpkin. You should fit 4 layers of pasta. Finish with a layer of pasta. Pour soup over the assembled lasagne. Spread the ricotta and milk sauce over the top layer of pasta and sprinkle a thin layer of tasty or parmesan grated cheese on top. Bake in the oven for 30-35 minutes. Serve with a salad or steamed vegetables.



# Strawberry, Oat & Yoghurt Muffins

Recipe by Simone Austin APD and Sports Dietitian

40 minutes preparation and assembly time - Serves 10-12

**1 egg**  
 **$\frac{2}{3}$  cup plain yogurt**  
 **$\frac{1}{3}$  cup milk**  
 **$\frac{1}{2}$  tsp vanilla bean paste**  
 **$\frac{3}{4}$  cup white self raising whole meal wheat flour**  
 **$\frac{3}{4}$  cup rolled oats**  
 **$\frac{1}{3}$  cup brown sugar**  
**1 tsp cinnamon**  
 **$\frac{2}{3}$  cup fresh strawberries chopped**  
**6 strawberries extra halved**  
**Optional-  $\frac{1}{4}$  cup pie apple**

Preheat oven to 180°C  
Stir in egg, yogurt, milk and vanilla until well combined  
Add flour, oats, sugar and cinnamon and stir until just combined  
Gently mix in berries, reserving the 6 halved extras  
Scoop in greased or lined muffin tins. Fill the tins most of the way full - you should get 12 small or 10 large muffins  
Press two strawberry halves into the top of each muffin  
Bake for 20 minutes or until a toothpick inserted into the centre comes out clean





### SPORTS NUTRITION TIP

This Dietitian Approved take on curry is loaded with extra vegetables and is a great batch cooking option. Perfect as a healthy ready meal on the go for busy athletes.

## Chicken Curry

Recipe by Taryn Richardson APD and Sports Dietitian

30 minutes preparation and assembly time - Serves 6

**2 tsp extra virgin olive oil**  
**1 onion, thinly sliced**  
**½ jar red curry paste**  
**400ml light coconut milk**  
**½ cup reduced salt chicken stock**  
**500g chicken breast**  
**2-3 small potatoes - sliced, don't peel**  
**2 cups green beans, ends trimmed**  
**1 red capsicum, sliced**  
**1 eggplant, sliced**  
**1 tbsp fish sauce**  
**1 tbsp lime juice**  
**1 cup brown rice**

Heat oil in a large wok or fry pan  
 Add onion and cook until transparent  
 Add curry paste, stirring until fragrant for approx. 1 minute  
 Add the vegetables and chicken, stirring to brown the chicken  
 Add coconut milk and stock - reduce heat and simmer for 10-15 minutes, stirring occasionally until veggies have softened and the chicken is cooked through (test by cutting a piece open)  
 While that's cooking, cook rice in a large saucepan to al dente using ration 1:2 rice:water  
 Just before serving, add fish sauce and lime juice to the curry and stir through

# INSIDE SPORT

