

“Putting nutritious food at the centre of peoples lives for better health and everyday performance”





Recipe to Refuel and Repair after Intense Exercise

Feta Chicken Pasta Bake


 Dinner

There is a reason this recipe is such a hit. Roasted feta cheese with bursting cherry tomatoes, what is not to love?! The added asparagus and cheddar cheese work really well to bring the dish to life.

☆☆☆☆☆ No ratings yet


| | | | |
|---|---|---|---|
|  |  |  |  |
| Calories | Carbs | Protein | Fats |
| 579kcal | 37g | 45g | 27g |




 For Exercise Day

 Print Recipe

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 Add to my Meal Plans

 Prep Time
5 mins

 Cook Time
40 mins

 Total Time
45 mins

Performance Benefits

The reason why athletes prioritise protein after exercise is to promote recovery by helping to repair damaged muscle fibres, but protein is also involved in countless other functions such as reducing muscle protein breakdown and facilitating hormone production and immune support, all vital for recovery.

Health Benefits

This recipe contains almost 50% of the recommended daily intake of Vitamin B12 in one serving. Our bodies are unable to synthesise vitamin B12, so we depend on intake from food sources to maintain healthy levels. Vitamin B12 is also involved in repairing cell damage following activities, such as high-intensity exercise.

Expert Tips

Store in the fridge and enjoy for lunch or dinner over the coming days.

Feta Chicken Pasta Bake



Ingredients:

| | |
|---------|-------------------------|
| 200g | Pasta (uncooked) |
| 2 tbsp | Olive oil |
| 400g | Chicken (chopped) |
| 1 tsp | Garlic powder |
| 1 tsp | Oregano |
| 1 tsp | Smoked paprika |
| 1/2 tsp | Chilli flakes |
| 1/2 tsp | Salt |
| 1/2 tsp | Pepper |
| 200g | Feta cheese (crumbled) |
| 16 | Cherry tomatoes |
| 3 | Garlic (peeled) |
| 8 | Asparagus (chopped) |
| 100g | Cheddar cheese (grated) |

1. Preheat the oven to 200°C.
2. Bring a pot of water to the boil.
3. Add the pasta and cook for 10-12 minutes until al dente, before draining and setting aside.
4. Place the tomatoes, asparagus, feta cheese and whole cloves of garlic, in a casserole dish or baking tray. Drizzle over a tbsp of olive oil and place in the oven for 30 minutes.
5. Heat a tbsp of olive oil on the pan. Season the chicken with the garlic powder, oregano, smoked paprika, chilli flakes, salt and pepper.
6. Cook the chicken on a high heat for 10-12 minutes, turning often, allowing it to lightly brown.
7. Remove the casserole dish from the oven. Mash the garlic cloves with the back of a fork before mixing through the cheese and vegetables.
8. Stir in the pasta and chicken and mix well.
9. Top with grated cheddar cheese and place back in the oven for 10 minutes at 180°C.

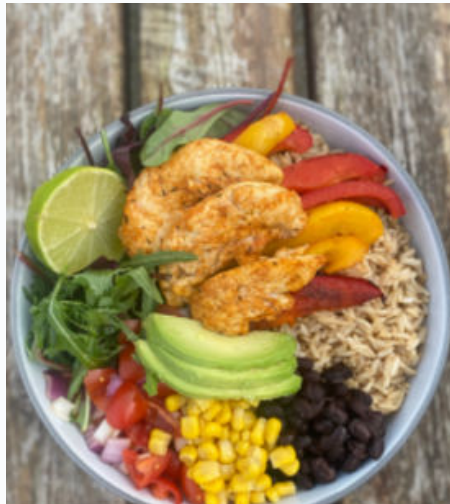
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Recipes to Refuel & Repair



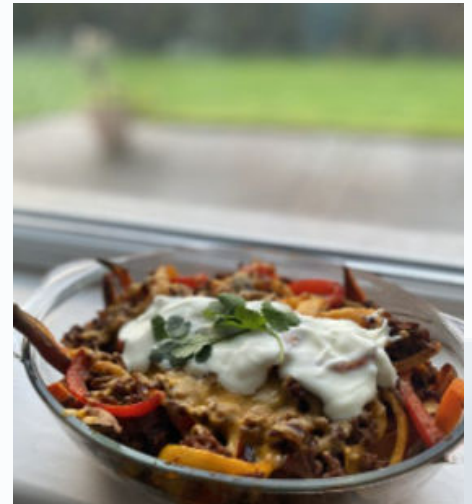
Overnight Berry Surprise

| Calories | Carbs | Protein | Fats |
|----------|-------|---------|------|
| 378kcal | 39g | 30g | 11g |



Chicken Burrito Bowl

| Calories | Carbs | Protein | Fats |
|----------|-------|---------|------|
| 500kcal | 57g | 35g | 23g |



Loaded Sweet Potato Taco Chips

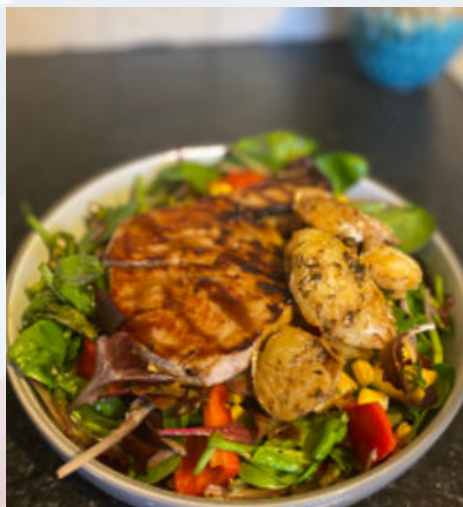
| Calories | Carbs | Protein | Fats |
|----------|-------|---------|------|
| 568kcal | 47g | 31g | 28g |

Anti-inflammatory Recipes



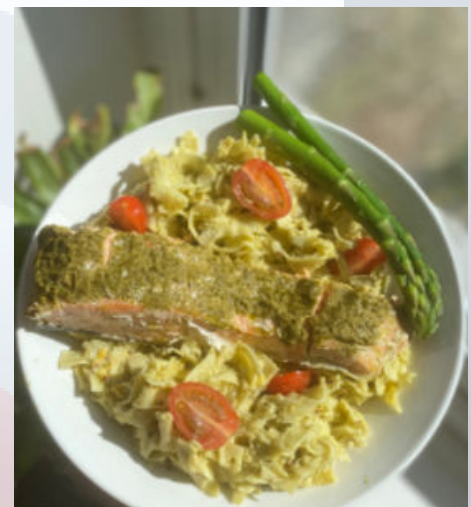
Cherry Almond Smoothie

| Calories | Carbs | Protein | Fats |
|----------|-------|---------|------|
| 488kcal | 32g | 35g | 24g |



Tuna Steak Salad

| Calories | Carbs | Protein | Fats |
|----------|-------|---------|------|
| 566kcal | 56g | 38g | 21g |



Pesto Salmon Tagliatelle

| Calories | Carbs | Protein | Fats |
|----------|-------|---------|------|
| 779kcal | 65g | 46g | 38g |


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Recipes to Rehydrate




G&T Recovery Tea

| Calories | Carbs | Protein | Fats |
|----------|-------|---------|------|
| 106kcal | 25g | 1.6g | 0.3g |



Recovery Smoothie

| Calories | Carbs | Protein | Fats |
|----------|-------|---------|------|
| 427kcal | 51g | 39.3g | 7.3g |



Drink Up Raise Your Game: Orange

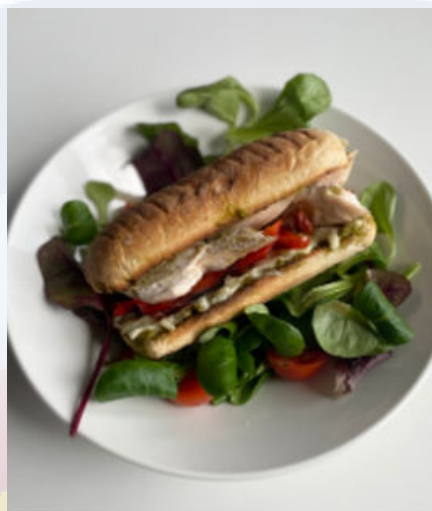
| Calories | Carbs | Protein |
|----------|-------|---------|
| 135kcal | 34g | 0.14g |

Popular Recipes this Month





Date and Pecan Crumble

| Calories | Carbs | Protein | Fats |
|----------|-------|---------|------|
| 400kcal | 49g | 17g | 15g |



Grilled Chicken Ciabatta

| Calories | Carbs | Protein | Fats |
|----------|-------|---------|------|
| 579kcal | 51g | 45g | 21g |



Veggie Bean Chilli

| Calories | Carbs | Protein | Fats |
|----------|-------|---------|------|
| 346kcal | 34g | 21g | 14g |