



CARBOHYDRATE REFUEL MEAL
POST WORKOUT

Honey spiced chicken with paprika potatoes

INGREDIENTS (1 serving)

FREEZABLE

- 255g (9.1oz) new potatoes
- 10ml (0.4 fl. oz) olive oil
- 370g (13oz) chicken breast fillets, cut into 2cm chunks
- 1 garlic clove, grated
- ½ tsp cumin
- 1 tsp paprika
- 25g (0.8oz) Manuka honey
- splash of white wine vinegar
- small bunch of fresh parsley, roughly chopped
- 225g (8oz) green vegetables (spinach, kale, broccoli, pea pods or green beans)

This is a really simple but delicious dish – it’s really quick to throw together and easy to double up and cook for a mate.

METHOD

Prick the potatoes with a fork and microwave for 3 minutes. Leave them to rest for 2 minutes, then blast them for a further 2 minutes by which time they should be cooked through. Leave them to cool then roughly chop.

Whilst the potatoes are cooking heat the olive oil in a non-stick frying pan over a medium to high heat. Add the chicken pieces and fry for 3-4 minutes until the chicken is lightly browned and almost cooked through.

Toss in your potatoes, garlic and spices, continue frying for a further 3-4 minutes making sure all the ingredients are coated and the chicken is cooked through. Check by slicing into one of the larger pieces to make sure the meat is white all the way through, with no raw pink bits left.

Finally drizzle over the honey, a splash of vinegar and toss through the parsley. Pile onto a plate and serve with a portion of your favorite green veg either steamed, blanched or boiled.