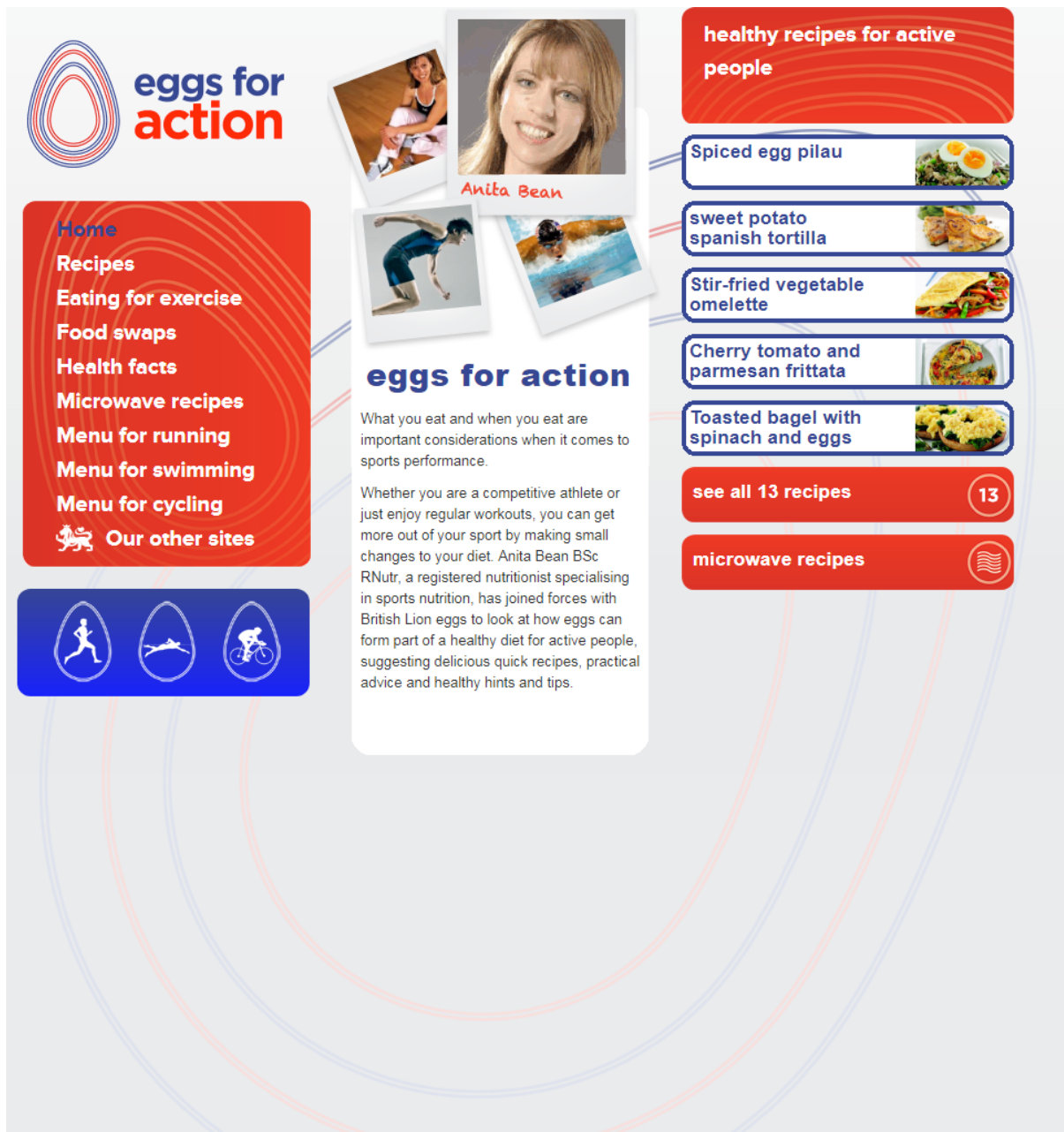


Highlighting how eggs are great for athletes across a wide range of sports.



The image shows a website layout for "eggs for action". At the top left is the logo, which consists of three concentric, stylized egg shapes in blue, red, and white, followed by the text "eggs for action" in blue and red. Below the logo is a red navigation menu with white text listing: Home, Recipes, Eating for exercise, Food swaps, Health facts, Microwave recipes, Menu for running, Menu for swimming, Menu for cycling, and Our other sites (with a small lion icon). At the bottom of this menu are three white icons on a blue background: a runner, a swimmer, and a cyclist. To the right of the navigation menu is a white box featuring a portrait of Anita Bean, a registered nutritionist, and four polaroid-style photos of her in various athletic settings (yoga, swimming, etc.). Below her name is the heading "eggs for action" and two paragraphs of text explaining the website's purpose. To the right of this box is a red header "healthy recipes for active people" and a list of six recipe cards, each with a title and a small food image: Spiced egg pilau, sweet potato spanish tortilla, Stir-fried vegetable omelette, Cherry tomato and parmesan frittata, and Toasted bagel with spinach and eggs. At the bottom of the recipe list is a red button "see all 13 recipes" with a "13" in a white circle, and another red button "microwave recipes" with a white icon of three wavy lines.

eggs for action

What you eat and when you eat are important considerations when it comes to sports performance.

Whether you are a competitive athlete or just enjoy regular workouts, you can get more out of your sport by making small changes to your diet. Anita Bean BSc RNutr, a registered nutritionist specialising in sports nutrition, has joined forces with British Lion eggs to look at how eggs can form part of a healthy diet for active people, suggesting delicious quick recipes, practical advice and healthy hints and tips.

healthy recipes for active people

- Spiced egg pilau
- sweet potato spanish tortilla
- Stir-fried vegetable omelette
- Cherry tomato and parmesan frittata
- Toasted bagel with spinach and eggs

[see all 13 recipes](#) 13

[microwave recipes](#)



british lion recipes



potato, pea and spinach frittata



cherry tomato and parmesan frittata



spiced egg pilau



piperade with eggs



baked eggs with roasted vegetables



tomato crostini with fried egg



stir-fried vegetable omelette



egg and watercress focaccia



fruit scotch pancakes



toasted bagel with spinach and eggs



warm lentil and egg salad



scrambled eggs on toasted wholemeal
muffins



sweet potato spanish tortilla



**eggs for
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british lion recipes



potato, pea and spinach frittata



cherry tomato and parmesan frittata



spiced egg pilau



piperade with eggs



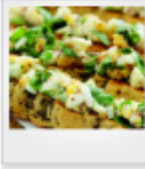
baked eggs with roasted vegetables



tomato crostini with fried egg



stir-fried vegetable omelette



egg and watercress focaccia



fruit scotch pancakes



toasted bagel with spinach and eggs



warm lentil and egg salad



scrambled eggs on toasted wholemeal muffins



sweet potato spanish tortilla



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eating for exercise

Anda Sam BSc, BNut has used her expertise in sports nutrition to answer your questions about eating for exercise.

Before exercise

1. What are the best foods to eat before exercise?

Many studies have shown that eating a carbohydrate-rich meal or snack before exercise increases endurance and performance. Conversely, eating too little carbohydrate results in low muscle energy stores and reduced endurance.

Opt for a low Glycaemic Index meal (foods that produce a gradual rise in blood sugar levels) comprising high-carbohydrate foods - pasta, wholegrain bread, potatoes - combined with a little lean protein (such as eggs, lean meat, beans, fish, chicken). Including protein in your pre-exercise meal will help lower the overall GI of the meal as well as help reduce muscle breakdown during exercise, and improve performance. Suitable pre-workout combinations include scrambled eggs on toast, pasta with pesto sauce and cheese, or a baked potato with beans.

2. When is the best time to eat before exercise?

The ideal time for a pre-exercise meal is 2 - 4 hours before your workout because it's early enough to digest the food, yet late enough that this energy won't be used up by the time you begin exercising. In a study at the University of North Carolina, athletes who ate 3 hours before a run were able to exercise longer than those who ate 6 hours beforehand.

3. How much should I eat before exercising?

The size of your meal depends on the length and intensity of your workout and the timing of your meal. If you are able to eat four hours before your workout, you can probably consume 600 - 800 calories. If you can eat just two hours before your workout, eat a smaller meal of 300 - 400 calories. You should feel neither hungry at the end of your workout nor full at the start of your session.

4. What would be a suitable snack before exercise?

If you don't have time for a meal, have a healthy snack or a light meal with a drink 30 - 60 minutes beforehand. This will raise levels of blood sugar to fuel your exercise session, as well as ensure you are hydrated. Try pancakes with fruit, an egg sandwich, a granola/cereal bar, toast with honey, or cereal with banana.

5. What and how much should I drink before exercise?

Reduce the risk of dehydration by drinking 400 - 600 ml water 2 hours before exercising. This leaves sufficient time to hydrate body cells as well as excrete any excess. Dehydration can cause early fatigue, headache, nausea and dizziness.

Opt for a sports drink if you haven't eaten anything - the sugars in the drink will help maintain blood sugar levels and fuel the muscles.

Pre-training meals

- Toasted bagel with sprouts and eggs
- Egg and sweetcorn/bean salad
- Fruit, nut and peanut butter
- Jacket potato with a little cheese, tuna or baked beans plus salad
- Pasta with tomato-based sauce or pesto, a little cheese, plus vegetables
- Rice, pasta or noodles with chicken, fish or beans, plus vegetables
- Porridge with milk, honey and raisins
- Wholemeal sandwich/bagel wrap with eggs/ tuna/ cheese/ chicken/ peanut butter, and salad

Pre-workout snacks

- One or two bananas
- A handful of dried fruit and nuts
- One or two cereal or granola bars
- One or two slices of bread or toast with honey

During exercise

1. How much should I drink during exercise?

For most workouts and climates, 400 - 800 ml per hour will prevent dehydration as well as rehydration. Drink more in hot/humid weather or when exercising very strenuously. Start drinking within 30 minutes and keep sipping little and often, ideally every 15 - 20 minutes.

2. What should I drink during exercise?

If you are exercising less than 90 minutes, opt for water. For longer workouts, or perhaps for shorter intense workouts in hot or humid conditions, a sports drink that provides carbohydrates, fluid and sodium, is a better option. Aim for 30 - 60g of carbohydrate (100 - 200 calories) per hour. That's about 450 - 900ml of a sports drink.

After exercise

1. How much should I drink after exercise?

Weigh yourself before and after exercising to get an idea of your fluid losses. The International Olympic Committee recommend drinking 500 - 750 ml of fluid (e.g. water, diluted juice, sports drinks) for each 0.5 kg (1 lb) approx weight lost. Drink this gradually, say, over an hour, rather than in one go, for best rehydration.

2. How long does it take to refuel after exercise?

If you eat a carbohydrate-rich diet, you can replenish muscle carbohydrate (glycogen) stores in 24 - 36 hours. If you plan to exercise more than once in a day, then you should begin refuelling within 60 minutes, as blood flow to muscles and glycogen refuelling will be increased during this time.

3. What are the best recovery foods?

Your recovery meal should contain both carbohydrates to replenish depleted glycogen stores, as well as protein to repair and rebuild the muscles. Consuming them together promotes faster recovery of glycogen stores and re-building of muscle tissue compared with a carbohydrate-only snack or meal. Aim for a 4:1 ratio of carbohydrate to protein. For example, you could have a toasted egg with two slices of toast, a 2-egg omelette with 200g potatoes, 85g pasta with tomato sauce and 25g cheese or 500ml low fat milkshake.

Post-workout snacks

- Toast with crisps and fruit/egg
- Warm lentil and egg salad
- Scrambled eggs on toasted wholemeal muffins
- 500ml milk, plus a banana
- 2 - 3 pots of fruit yoghurt
- Toast with honey plus fruit yoghurt
- 500ml flavoured milk shake
- A jacket potato with baked beans and cheese
- Cooked pasta (85g uncooked weight) with 100g chicken breast

Post-workout meals

- Sweet potato, Spanish tortilla, plus salad
- Potatoes, pea and sprouts, lentils, plus salad
- Steamed vegetable, omelette, plus rice
- Baked eggs with Mediterranean vegetables, plus bread
- Wholegrain pasta with tomato and vegetable sauce, and cheese or tuna
- Jacket potato with baked beans or grilled chicken or tuna, plus vegetables
- Lentil and vegetable soup with wholemeal roll
- Grilled fish, potatoes and fresh vegetables

4. Why is protein needed after exercise?

Eating protein along with some carbohydrate after finishing your exercise session improves your recovery and increases the efficiency of muscle glycogen storage. It also enhances muscle tissue repair, reduces muscle soreness and promotes training adaptations, according to a 2007 review of studies carried out by researchers at Maastricht University.

5. How much protein should I have after exercise?

Studies suggest that the ideal post-training drink or snack should contain about 10 - 20g of protein. You can get this amount from 2 eggs, or 200g baked beans, or 50g tuna, or 2 x 150g pots of fruit yoghurt.

6. Do athletes need more protein than non-athletes?

Scientists agree that athletes have higher protein requirements than the general population. The International Association of Athletic Federations (IAAF) recommends 1.2 - 1.7g protein/kg body weight per day, the lower end of the range being appropriate for endurance athletes, and the upper end of the range for strength athletes. This translates into 72 - 102g daily for a 60 kg person, considerably more than GDA for the general population: 45g for women and 55g for men.

7. What are the best sources of protein?

Richest sources include eggs, chicken, turkey, fish, meat, cheese, milk, yoghurt, beans, lentils, nuts, soya and Quorn. Other useful sources include grains, such as bread, pasta and breakfast cereals.

The protein content of different foods

Food	Protein (g)
Two scrambled eggs	15
Baked beans (1 small tin, 200 g)	10
Bread (2 slices, 70g)	6
Cheese (1 matchbox sized piece, 40 g)	10
Chicken (1 breast, 125 g)	30
Milk (1 glass, 200 ml)	7
Pasta (250g cooked)	7
Peanut butter (1 teaspoon, 20 g)	6
Steak (1 lean fillet, 105 g)	31
Tuna (1 small tin, 100g)	24
Yoghurt (1 pot, 150 g)	6



**eggs for
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eating for exercise

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Pre-training meals

- [Toasted bagel with spinach and eggs](#)
- [Egg and watercress focaccia](#)
- [Fruit smoothie pancakes](#)
- Jacket potato with a little cheese, tuna or baked beans plus salad
- Pasta with tomato-based sauce or pesto, a little cheese; plus vegetables
- Rice, pasta or noodles with chicken, fish or beans; plus vegetables
- Porridge with milk, honey and raisins
- Wholemeal sandwich/bagel/ wrap with eggs/ tuna/ cheese/ chicken/ peanut butter, and salad

Pre-workout snacks

- One or two bananas
- A handful of dried fruit and nuts
- One or two cereal or granola bars
- One or two slices of bread or toast with honey

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Post-workout snacks

- [Tomato crostini with fried egg](#)
- [Warm lentil and egg salad](#)
- [Scrambled eggs on toasted wholemeal muffins](#)
- 500ml milk plus a banana
- 2 – 3 pots of fruit yoghurt
- Toast with honey plus fruit yoghurt
- 500ml flavoured milk shake
- A jacket potato with baked beans and cheese
- Cooked pasta (85g uncooked weight) with 130g chicken breast

Post-workout meals

- [Sweet potato Spanish tortilla](#), plus salad
- [Potato, pea and spinach frittata](#), plus salad
- [Stir-fried vegetable omelette](#), plus rice
- [Baked eggs with Mediterranean vegetables](#), plus bread
- Wholegrain pasta with tomato and vegetable sauce, and cheese or tuna
- Jacket potato with baked beans, or grilled chicken or tuna, plus vegetables
- Lentil and vegetable soup with wholemeal roll
- Grilled fish, potatoes and fresh vegetables

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Richest sources include eggs, chicken, turkey, fish, meat, cheese, milk, yoghurt, beans, lentils, nuts, soya and 'Quorn'. Other useful sources include grains, such as bread, pasta and breakfast cereals.

The protein content of different foods

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Bread (2 slices, 70g)	6
Cheese (1 matchbox sized piece, 40 g)	10
Chicken (1 breast, 125 g)	30
Milk (1 glass, 200 ml)	7
Pasta (230g cooked)	7
Peanut butter (1 teaspoon, 20 g)	5
Steak (1 lean fillet, 105 g)	31
Tuna, (1 small tin, 100g)	24
Yoghurt (1 pot, 150 g)	6



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food swaps

While 'recovery' supplements such as protein shakes, carbohydrate-protein drinks and protein bars provide a convenient way of getting nutrients after exercise, they are invariably more expensive than 'real' food. You can also get the protein, carbohydrates and other nutrients your body needs after an exercise session from egg-based dishes (such as omelettes, boiled egg and toast), milk-based drinks (such as home-made milkshake), pasta with cheese, or fruit with yogurt. The chart below provides a comparison of popular egg dishes with protein supplements and other popular products. The egg dishes supply 10 – 20g protein, the level considered optimal for recovery, and similar to that found in protein supplements and recovery drinks. By contrast, sports drinks, cereal bars and pasta supply no or only small amounts of protein.

Nutritional Comparison of popular recovery meals and products

	Calories	Protein (g)	Carbohydrate (g)	Fat (g)
1 boiled egg and 2 slices toast + 10g margarine	320	15	31	17
2-egg plain omelette with 200g potatoes	325	19	35	14
Scrambled eggs (2) on 1 toasted bagel (60g)	334	20	35	14
Pasta (85g uncooked) with 100ml tomato pasta sauce	338	12	70	3
2 cereal bars (58g) (1)	250	4	40	8
500ml protein recovery shake (2)	385	22	62	6
500ml sports drink (3)	140	0	32	0
1 scoop (30g) protein powder (4)	120	23	2	2

- (1) Alpen fruit & nut bar
- (2) Lucozade Pro Muscle Protein Shake
- (3) Lucozade Body Fuel
- (4) Maximuscle Promax



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health facts

- Eggs are one of the most nutritious foods money can buy - they are a natural source of many nutrients including high quality protein, vitamins and minerals
- A medium egg contains less than 80 calories
- Eggs are naturally rich in vitamin B2 (riboflavin), vitamin B12 and vitamin D
- Eggs contain vitamin A and a number of other B vitamins including folate, biotin, pantothenic acid and choline
- Eggs contain essential minerals and trace elements, including phosphorus, iodine and selenium
- The previous limits on egg consumption due to their cholesterol content have now been removed, eggs are a healthy fast food for all the family, especially if combined with vegetables and salads as part of balanced meals

For more information visit the [nutrition](#) section of our main website



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microwave recipes

Sometimes when you're planning some exercise you just want to eat something quickly which requires minimal effort to make. These dishes can be cooked in the microwave to make sure you can quickly get the fuel you need.



cherry tomato and parmesan frittata



piperade with eggs



scrambled eggs on toasted wholemeal muffins



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menu for running

The following recipes are particularly good for running:



Pre Training: Toasted bagel with spinach and eggs



Post Training: Warm lentil and egg salad



Main Meal: Stir-fried vegetable omelette



Main Meal: Piperade with eggs



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menu for swimming

The following recipes are particularly good for swimming:



Pre Training: Fruit Scotch pancakes



Post Training: Tomato crostini with fried egg



Main Meal: sweet potato spanish tortilla



Main Meal: Baked eggs with roasted vegetables



Main Meal: Cherry tomato and parmesan frittata



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menu for cycling

The following recipes are particularly good for cycling:



Pre Training: Egg and watercress focaccia



Post Training: Scrambled eggs on toasted wholemeal muffins



Main Meal: Spiced egg pilau



Main Meal: Potato, pea and spinach frittata





spiced egg pilau



This dish is ideal for athletes as it provides a 3 to 1 ratio of carbohydrate to protein, which studies have shown promotes fastest post-exercise recovery. Basmati rice is used in the dish as it has a lower GI than white rice, which means it produces more stable blood sugar levels. The addition of the eggs further lowers the GI, thus helping sustain a supply of energy and protein to the muscles.

Preparation: 10 mins Cooking: 20mins

Serves 4

- 1 tablespoon/15 ml olive oil
- 1 red onion, finely chopped
- 1 garlic clove, crushed
- 1 teaspoon/5 ml ground coriander
- ½ teaspoon/2.5 ml cumin seeds
- 85g/3 oz button mushrooms, sliced
- 200 g/7 oz basmati rice
- 150g/5oz frozen peas
- Salt and freshly ground black pepper
- Small handful of fresh coriander, roughly chopped
- 4 large British Lion eggs

Method

Heat the oil in a large heavy based pan. Add the onion and cook over a moderate heat for 3 minutes until softened. Add the garlic, coriander, cumin seeds and mushrooms and cook for two minutes. Stir in the rice with 450 ml (3/4 pint) water then bring to the boil. Cover, reduce the heat and simmer for 10 minutes. Add the peas and continue cooking for a further 5 minutes until the liquid has been absorbed and the rice is cooked. Season and stir in the chopped coriander. Meanwhile put the eggs into a large pan of boiling water, then reduce the heat and simmer for 6 minutes. Drain and shell. Divide the rice into four bowls. Halve the eggs and arrange on top of the rice. Serve with a leafy salad.

Nutrition (per portion) : 332 Calories; 14g protein; 10g fat; 2g saturated fat; 46g carbohydrate; 3g total sugars; 3g fibre; 0.2g salt



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sweet potato spanish tortilla



This dish makes a great recovery meal as it provides plenty of carbohydrates (from the sweet potato) as well as good amounts of protein (from the eggs) in a ratio that promotes speediest muscle recovery. Sweet potatoes are used in this dish as they contain significant levels of beta-carotene and twice as much vitamin C as ordinary potatoes.

Preparation: 5 mins Cooking: 15mins

Serves 1

- 1 small sweet potato (175g), peeled and thickly sliced
- 1 tablespoon/15ml olive oil
- 1 small red onion, chopped
- Salt and freshly ground black pepper
- 2 large British Lion eggs, beaten

Method

1. Cook the sweet potato in a small pan of boiling water for 5 - 6 minutes until just tender. Drain and set aside.
2. Pre-heat the grill to medium.
3. Heat the oil in an ovenproof frying pan and fry the onion over a medium heat for 3 - 4 minutes or until softened. Add the sweet potato and season to taste with the salt and pepper.
4. Pour in the eggs and cook for 1 - 2 minutes until the egg starts to set. Transfer to the grill and cook for 3 - 4 minutes or until the top of the tortilla is golden and the tortilla is cooked through.
5. Slide the tortilla onto a plate and cut into wedges. Serve with a simple salad.

Nutrition (per portion) : 447 Calories; 18g protein; 25g fat; 5g saturated fat; 42g carbohydrate; 13g total sugars; 5g fibre; 0.6g salt



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stir-fried vegetable omelette



This dish is a good way of adding extra vegetables to an athlete's diet, providing at least two of the recommended five a day portions. The eggs supply protein to help re-build muscles after intense exercise while the vegetables add fibre, vitamins A and C, and potassium.

Preparation: 10 mins Cooking: 10mins

Serves 1

- 2 teaspoons/10ml vegetable oil
- 1 small onion, sliced
- 1 garlic clove, crushed
- 1 teaspoon/5ml chopped fresh root ginger
- 1 small carrot, cut into strips
- ½ red pepper, deseeded and sliced
- 60g/2oz mange-tout, trimmed and halved
- 4 button mushrooms, sliced
- 1 tablespoon/15ml soy sauce
- Juice of ½ lime

For the omelette:

- 2 large British Lion eggs
- Salt and freshly ground black pepper
- 2 teaspoons/10ml vegetable oil

Method

1. For the stir-fried vegetables, heat the oil in a wok or heavy-based pan, and then add the onion, garlic and ginger. Cook for two minutes and add the carrot, mange-tout and mushrooms. Stir-fry for 3 – 4 minutes until softened. Stir in the soy sauce and lime juice and set aside.
2. For the omelette, beat the eggs in a small bowl and season with salt and pepper. Heat the oil in a medium non-stick frying pan, add the egg mixture and cook for 2 - 3minutes over a medium heat until the egg is almost set all the way through.
3. Pile the stir-fried vegetables on one half of the omelette and fold the other half over the top. Slide onto a plate and serve with boiled noodles or rice.

Nutrition (per portion) : 372 Calories; 20g protein; 26g fat; 5g saturated fat; 16g carbohydrate; 13g total sugars; 4g fibre; 0.5g salt



toasted bagel with spinach and eggs



This pre-exercise meal will help sustain power output during exercise thanks to its high content of carbohydrate, which is combined with protein (from the eggs) to lower the meal's glycaemic index (GI). A low GI meal eaten before exercise helps maintain stable blood sugar levels and increase endurance. The addition of spinach provides useful amounts of iron and folic acid.

Preparation: 5 mins Cooking: 10mins

Serves 1

- 60g/2oz baby spinach
- 1 teaspoon/5ml water
- pinch freshly grated nutmeg
- Salt and freshly ground black pepper
- 1 wholemeal bagel cut in half, toasted
- 2 medium British Lion eggs
- 2 tablespoons/30ml semi-skimmed milk
- 1 teaspoon/5ml butter or margarine

Method

1. Place the spinach and nutmeg in a pan over a medium heat, cover and shake well. Cook for 2-3 minutes, until the spinach has wilted. Season with salt and freshly ground black pepper.
2. Drain off any excess liquid.
3. For the scrambled eggs, beat the eggs and milk together with salt and freshly ground black pepper.
4. Cut the bagel in half horizontally. Place cut side up on a baking sheet and toast under a hot grill until golden. Set aside.
5. Melt the butter or margarine in a non-stick pan, pour in the eggs and cook over a low heat for 2 – 3 minutes, stirring with a wooden spoon, until most of the egg is set. Remove the pan from the heat and continue to stir for a further 30seconds.
6. To serve, place the toasted bagels on a plate. Spoon over the spinach and then top with the scrambled eggs

Nutrition (per portion) : 441 Calories; 25g protein; 18g fat; 5g saturated fat; 43g carbohydrate; 6g total sugars; 5g fibre; 1.2g salt



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cherry tomato and parmesan frittata



This two-egg dish is rich in protein so helps repair and build muscle after intense exercise. It also includes fresh tomatoes and yellow peppers, which provide high levels of the antioxidants, vitamin C, beta-carotene, needed for muscle recovery. It contains relatively low levels of saturated fats and high levels of heart-healthy unsaturated fats, which promote oxygen delivery during exercise.

Preparation: 10 mins Cooking: 10mins

Serves 2

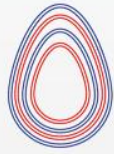
- 2 tsp/ 10ml olive oil
- 1 red onion, sliced
- 1 garlic clove, crushed
- 1 yellow pepper, sliced
- 125g/ 4oz cherry tomatoes, halved 4 large British Lion eggs
- 1 tablespoon / 15ml fresh herbs, e.g. parsley, chives or thyme (or 1 teaspoon/ 5ml driedherbs)
- Salt and freshly ground black pepper
- 25g/1oz grated Parmesan

Method

1. Place the oil, onion, garlic, peppers, tomatoes in a micro-proof dish. Cover with an upturned plate and cook on HIGH for 3 mins. Beat the eggs with 30ml/2tbsp water, the herbs and seasoning. Stir the vegetables, then add the eggs, cover with an upturned micro-proof plate and cook on HIGH for 1 min 30 secs. Stir well, pushing the cooked egg into the middle of the dish, shake to level. Cover with the plate and cook on HIGH for a further 2 mins. Leave to stand for 3 mins. Scatter over the Parmesan shavings.
2. Serve in wedges, hot or cold, with a simple rocket salad and crusty bread.

Cooks tip: Sprinkle the parmesan cheese over the frittata and pop under a hot grill for a few minutes until the top is golden.

Nutrition (per portion) : 311Calories; 22g protein; 21g fat; 6g saturated fat; 12g carbohydrate; 10g total sugars; 3g fibre; 0.7g salt



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piperade with eggs



Peppers are an excellent source of vitamin C and beta-carotene, powerful antioxidants that help athletes recover faster after exercise and boost immune function. The eggs in this recipe add protein (important for repairing muscles after exercise), B vitamins and iron.

Preparation: 5 mins Cooking: 15mins

Serves 2

- 1 tablespoon/15ml olive oil
- 1 onion, sliced
- 2 garlic cloves, crushed
- 1 red pepper, sliced
- 1 green pepper, sliced
- 1 yellow pepper, sliced
- 2 tomatoes, chopped
- 1 sprig thyme
- 1 bay leaf
- Salt and freshly ground black pepper
- 4 medium British Lion eggs
- 1 tablespoon/15ml chopped fresh parsley

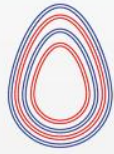
Method

1. Heat the oil in a heavy-based pan, add the onions and garlic and cook for 5 minutes until the onions begin to soften. Add the peppers, tomatoes, thyme and bay leaf, and continue cooking for about 10 minutes. Season with salt and pepper.
2. Meanwhile, crack the eggs into a bowl and beat with a fork. When the vegetables are soft, pour in the eggs and continue cooking and stirring for 1 – 2 minutes, until the eggs are just set (but not too firm). Scatter over the parsley and serve with crusty bread.

MICRO option

1. Place the oil, onion, garlic, peppers, tomatoes and thyme in a micro-proof dish. Mix so that the vegetables are coated in the oil. Cover with an upturned plate and cook on HIGH for 3 minutes.
2. Meanwhile, crack the eggs into a bowl and beat with a fork. Add the eggs to the vegetables, cover with the upturned plate and continue cooking on HIGH for 1 min 30 sec. Stir well then re-cover and cook on HIGH for a further 2 mins. Leave to stand for 3 min, until the eggs are just set (but not too firm). Scatter over the parsley and serve with crusty bread.

Nutrition (per portion) : 237 Calories; 11g protein; 13g fat; 3g saturated fat; 20g carbohydrate; 18g total sugars; 6g fibre; 0.3g salt



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scrambled eggs on toasted wholemeal muffins



This simple dish makes an ideal post-exercise meal as it combines both carbohydrate (from muffins) and protein (from eggs), which enable rapid re-fuelling of muscle glycogen and repair of muscle tissue. Wholemeal muffins are recommended as they provide more iron, B vitamins and fibre than ordinary muffins.

Preparation: 5 mins Cooking: 5mins

Serves 1

- 2 large British Lion eggs
- 2 tablespoons/ 30ml milk
- 1 tablespoon/ 15ml chopped fresh chives
- Salt and freshly ground black pepper
- 1 teaspoon/ 5ml vegetable oil
- 1 wholemeal English muffin

Method

1. Whisk the eggs, milk, seasoning, oil and chives in a micro-proof bowl with a fork. Place in the microwave and cook on HIGH for 1 minute. Remove and whisk lightly with a fork. Return to the microwave and cook for a further 30 seconds. Stir. The eggs should be lightly set. Leave to stand for 1 minute.
2. Meanwhile, split and toast the English muffin. Arrange on a plate, pile the eggs on top and serve with a leafy salad.

Nutrition (per portion) : 406 Calories; 24g protein; 22g fat; 5g saturated fat; 28g carbohydrate; 4g total sugars; 4g fibre; 1.2g salt