

# NUTRITION FOR SPORT



DEAN CONLON

Dean Conlon & Gavin Doran Poached salmon with a lightly minted roast vegetable and cous cous salad with a cashew nut Mayonnaise.



Quantity	Ingredient
1	Salmon (Darne, Steak ETC.)
1	Lemon
1	courgette
1	Red onion
1	Red pepper
1	Green pepper
3	Cloves of peeled garlic
150g	Cashew nuts
3-4	Mint leaves
	Seasoning
2-3	Peppercorns
50mls	Vegetable oil
200g	Cous cous

- Dice the peppers and onion as demonstrated. (Chunky)
- Puree one clove of garlic and mix it over the vegetables with 1tbsp vegetable oil. Roast in the oven for twenty mins @200oc stir occasionally.
- Place the cous cous in a bowl with chilli flakes.
- Once the vegetables are nearly roasted, place the salmon into the gently boiling water. Simmer for five minutes. Or start off in cold water and bring to the boil. (peppercorn and lemon wedge).
- Place equal quantity of boiling water into the cous cous, cover with cling film and allow to steam for five mins.
- Place the garlic and cashew nuts into the blender, put on full speed and add a little water until it becomes mayonnaise consistency.
- Remove the cling film from the cous cous; break apart with a fork, mix through the roasted vegetables.

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- Make a bed of cous cous salad on a plate top with the drained salmon; spoon on cashew nut sauce, top with a wedge of lemon.





[https://youtu.be/42-hcjW6\\_uc](https://youtu.be/42-hcjW6_uc)

This is the video i made for my project.

I shared this on club facebook page and asked for people to make it and send me pictures.

"search Gavin Doran on youtube if video doesnt play"





# FOOD IS FUEL

Quality fuel in the form of food keeps the body performing at its best.

# WATER

-Growing bodies need it!

REPAIR ENERGY HYDRATION



EMPOWER YOURSELF  
MAKE HEALTHY DECISIONS

## REMEMBER!


**Eating healthy- Prevents injury- Develops muscle.**

**Junk food- Calorie high- Sugar loaded- Nutrient poor.**

**Fizzy drinks- Extra sugar- No nutrients.**

*"Your attitude is more important than your ability"*

Dermot Earley  
**YOUTH  
LEADERSHIP  
INITIATIVE**  
LEARN AND LEAD



**CARBOHYDRATE**  
**FUEL and FOCUS**  
**KEEPS MUSCLES ENERGISED**  
**BRAIN FOCUSED**

**PROTEIN**  
**RECOVER AND BUILD**  
**AIDS FORMING NEW TISSUE**  
**HELPS PROPER GROWTH**  
**DEVELOPMENT AND**  
**RECOVERY**

**FRUIT**-Banana, apple, strawberries, grape, melon, orange.

**SPREADS**-Peanut butter, almond, avocado spread.

**DRIED FRUIT**- Raisins, cranberries, cherries, apricots.

**MEATS**-Chicken, beef, lamb, turkey.

**VEGETABLES**-Cucumber slices, carrots, peas, peppers.

**NUTS and SEEDS**-Almonds, cashews, brazil, hazel, walnuts.  
Sunflower, pumpkin, sesame, flaxseed.

**WHOLEGRAINS**-Wholegrain crackers, granola bars, oat bars(without chocolate or sugary coatings).

**CHEESES and DIPS**  
Eggs  
Yoghurts.



