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## **THE IMPORTANCE OF PROTEIN**

**DO YOU FEEL LIKE YOUR KIDS ARE ALWAYS HUNGRY? ALWAYS ASKING FOR SNACKS IN-BETWEEN MEALS?**

**IF SO, YOU COULD TRY LOOKING AT THEIR PROTEIN INTAKE.**

**PROTEIN RICH FOODS HELP THEM TO GROW, AND KEEP THEIR IMMUNE SYSTEM WORKING. PROTEIN ALSO HELPS TO BALANCE MOODS AND ENERGY LEVELS THROUGHOUT THE DAY AND HELPS TO KEEP KIDS FEELING FULL.**

**GOOD SOURCES OF PROTEIN INCLUDE MEAT, FISH, EGGS, NUTS, SEEDS, BEANS, LENTILS, CHEESE AND TOFU.**

**GIVING YOUR CHILD PROTEIN WITH EVERY MEAL OR SNACK CAN HELP THEM TO FEEL FULL AND REDUCE THEIR CRAVINGS FOR SWEET FOODS.**

**TO BOOST THEIR PROTEIN INTAKE YOU COULD CONSIDER THE FOLLOWING -**

**-GIVE THEM A BOILED EGG WITH THEIR MORNING CEREAL (OR NATURAL YOGURT, BERRIES/FRESH OR TINNED FRUIT AND HONEY**

**- MAKE SURE THEIR LUNCH TIME SANDWICH CONTAINS SOMETHING LIKE CHEESE, TUNA OR PEANUT BUTTER INSTEAD OF JAM OR SPREADS.**

**-TRY THIS QUICK, CHEAP AND CONVENIENT RECIPE FOR THEIR EVENING MEAL. IT'S QUITE A MILD CURRY FLAVOUR AND POPULAR WITH KIDS.**

**TOMATO AND CHICKPEA CURRY (RECIPE TAKEN FROM BBC GOOD FOOD)**

### **INGREDIENTS**

- 1 TBSP OLIVE OIL
- 2 ONIONS, FINELY SLICED
- 2 GARLIC CLOVES, CRUSHED
- 1 TSP GARAM MASALA
- 1 TSP TURMERIC
- 1 TSP GROUND CORIANDER
- 400G CAN PLUM TOMATOES
- 400ML CAN COCONUT MILK
- 400G CAN CHICKPEAS, DRAINED AND RINSED
- 2 LARGE TOMATOES, QUARTERED
- ½ SMALL PACK CORIANDER, ROUGHLY CHOPPED
- COOKED BASMATI RICE, TO SERVE

### **METHOD**

- STEP 1
- HEAT 1 TBSP OLIVE OIL IN A LARGE PAN AND ADD 2 FINELY SLICED ONIONS. COOK UNTIL SOFTENED, ABOUT 10 MINS.
- STEP 2
- ADD 2 CRUSHED GARLIC CLOVES, 1 TSP GARAM MASALA, 1 TSP TURMERIC AND 1 TSP GROUND CORIANDER, THEN STIR TO COMBINE. COOK FOR 1-2 MINS, THEN POUR IN A 400G CAN OF PLUM TOMATOES, BREAK UP WITH A WOODEN SPOON AND SIMMER FOR 10 MINS.
- STEP 3
- POUR IN A 400ML CAN OF COCONUT MILK AND SEASON. BRING TO THE BOIL AND SIMMER FOR A FURTHER 10-15 MINS UNTIL THE SAUCE HAS THICKENED.
- STEP 4
- TIP IN A DRAINED AND RINSED 400G CAN OF CHICKPEAS AND 2 QUARTERED LARGE TOMATOES, AND WARM THROUGH. SCATTER OVER ROUGHLY CHOPPED CORIANDER FROM ½ SMALL PACK AND SERVE WITH FLUFFY RICE.