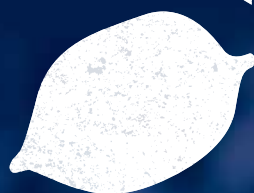


HEALTHY

CATS

recipebook

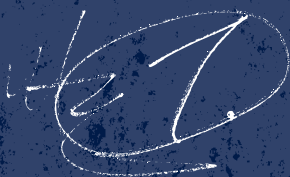
2016



Hi guys!

Food and what you put into your body is so important for being healthy and looking after your body.

As AFL players, what we eat affects how we perform on field and how well we recover so we take it pretty seriously. In this book a few of us have shared some of our favourite recipes for during the week, before the big game and while we are recovering. There's also room for you to add your own recipes using our club dietitian's tips!



Harry Taylor
Geelong Cats Vice Captain



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Joel **ROASTED CHICKEN WITH VEGETABLES & CROUTONS**

Prep time: 15 minutes

Cooking time: 35 minutes

Serves: 4

INGREDIENTS

4 slices **multigrain sandwich bread**,
cut into 1.5cm cubes

1 tablespoon **extra virgin olive oil**

500g **chicken breast** or thigh fillets

225g **sweet potato**, peeled, cut into
1.5cm dice

1 medium **carrot** (100g), peeled, cut
into 1.5cm dice

1 small **turnip** (90g), peeled, cut into
1.5cm dice

1 stick **celery**, thinly sliced

1 medium **brown onion**, roughly
chopped

1 tablespoon chopped fresh **parsley**

1 tablespoon fresh **thyme** leaves,
chopped

1/2 cup real **chicken stock**

1/2 cup **water**

1/4 cup (25g) **parmesan cheese**
shredded

METHOD

Step 1: Preheat oven to 175C or 155C fan-forced. Place bread on a baking tray and bake for about 10 minutes, or until it becomes crisp and begins to colour. Set aside to cool. Maintain oven temperature.

Step 2: Meanwhile, in a large non-stick frying pan, heat half the oil over medium-high heat. Season the chicken with salt and pepper, then place in the pan. Cook for 5 minutes each side, or until golden brown. Transfer the chicken to a 33cm x 22cm x 5cm baking dish.

Step 3: Return the pan to medium-high heat and add remaining oil. Stir in sweet potato, carrot, turnip, celery, and onion. Cook for about 5 minutes, or until they begin to brown. Remove from heat. Stir in parsley and thyme.

Step 4: Fold the toasted bread into the vegetable mixture, then fold in the stock and enough water to moisten. Season to taste with salt and pepper. Spoon the bread and vegetable mixture around the chicken. Sprinkle over the parmesan and bake for 20 minutes, or until chicken is cooked through and the vegetables are tender. Rest for 5 minutes before serving.

Joel Selwood

Number: 14

DOB: 26/5/1988

Height: 183cm

Career Games: 204

Career Goals: 129

During Training: Focus on a good intake of vitamins and minerals for energy, immunity and general health. Include carbohydrates for long lasting energy, protein to assist with muscle development and recovery during training and good fats for brain and general health.

Hawk FISH TACOS

Prep time: 15 minutes

Cook time: 5 minutes

Serves: 4

INGREDIENTS

1 **garlic clove**, crushed

1 **tablespoon** finely-chopped fresh

coriander stalks

1/4 cup **lime juice**

600g white **fish fillets** (such as ling or barramundi), cut into 2cm cubes

1/3 cup **plain yoghurt**

1 **tablespoon** finely-chopped fresh

coriander leaves

1 **tablespoon** **olive oil**

olive oil cooking spray

1 **baby cos lettuce**, shredded

1 **medium tomato**, roughly chopped

1 **small avocado**, roughly chopped

8 **flour tortillas**

METHOD

Step 1: Combine garlic, coriander stalks and 2 tablespoons of lime juice in a glass or ceramic bowl. Season with salt and pepper. Add fish and turn to coat. Cover and refrigerate for 10 minutes, stirring occasionally.

Step 2: Meanwhile, whisk yoghurt, remaining lime juice, coriander leaves and oil together in a small bowl.

Step 3: Spray a barbecue plate or grill with oil. Heat on high heat. Drain marinade from fish. Cook fish, in batches, for 1 to 2 minutes or until light golden and cooked through. Remove to a serving bowl.

Step 4: Combine lettuce, tomato and avocado in a serving bowl.

Step 5: Warm tortillas, following packet directions. Place fish, salad and yoghurt mixture on table. Place tortillas on plates. Assemble tacos at table.



Tom Hawkins

Number: 26

DOB: 21/7/1988

Height: 198cm

Career Games: 166

Career Goals: 332

Blitz **SMASHED AVOCADO, LIME, TOMATO & FETA**

Prep time: 5 minutes

INGREDIENTS

½ ripe **avocado**

2 teaspoon **lime juice**

1 small **tomato**, thinly sliced

30g **feta**, crumbled

2 slices of **wholegrain toast**

TIP

For extra protein, Mark often adds smoked salmon, sliced turkey, tuna or boiled eggs to the toast.

METHOD

Step 1: Place avocado in a small bowl, add lime juice and season to taste with sea salt and freshly ground black pepper. Mash roughly with a fork.

Step 2: Spoon avocado evenly over toast. Top with tomato slices and crumbled feta. Serve immediately.

Mark Blicavs

Number: 46

DOB: 28/3/1991

Height: 198

Career Games: 66

Career Goals: 16



Cory **SMOKED SALMON & COUSCOUS SALAD**

To cook: 15 minutes

Serves: 4

INGREDIENTS

240g (1 1/4 cups) **whole wheat**

couscous

45g (1/4 cup) **sundried tomato strips**

3 oranges

310ml (1 1/4 cups) **boiling water**

2 green shallots, trimmed,
thinly sliced

55g (1/3 cup) **roasted hazelnuts**,
coarsely chopped

1 cup fresh **continental parsley leaves**

300g **smoked salmon**

50g **baby spinach leaves**

60ml (1/4 cup) **olive oil**

1/2 tsp **mixed spice**

METHOD

Step 1: Place the couscous, sundried tomatoes and the finely grated rind of 1 orange in a large heatproof bowl. Stir in the boiling water. Cover and set aside for 5 minutes until absorbed.

Step 2: Peel and segment the oranges, reserving 2 tbs of the juice. Place half the orange segments, shallot, hazelnut, baby spinach leaves, parsley and half the salmon in a large bowl. Use a fork to separate the couscous. Add to the orange mixture.

Step 3: Combine reserved orange juice, olive oil and mixed spice in a small bowl. Season. Add to orange mixture and toss to combine. Divide among serving plates. Top with remaining salmon and orange segments.



Cory Gregson

Number: 28

DOB: 4/9/1996

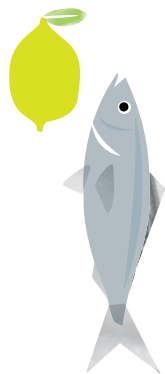
Height: 175cm

Career Games: 20

Career Goals: 13

MY DURING TRAINING RECIPE

INGREDIENTS:



METHOD:



Mack **SPINACH & RICOTTA GNOCCHI BAKED WITH CHERRY TOMATOES**

Serves: 4

INGREDIENTS

Gnocchi

400g **spinach**

400g **firm ricotta**

2 tbsp **pine nuts**, roasted and roughly chopped

1/2 cup grated **Parmesan**

2 **egg yolks**

1/4 tsp freshly grated **nutmeg**

finely grated zest of 1 lemon

1 clove **garlic**, crushed

1/2 cup fresh **white breadcrumbs**

sea salt and freshly **ground pepper**

Sauce

2 tbsp **olive oil**

2 cloves **garlic**, crushed

400g **cherry tomatoes**

1/2 cup **olives**

Parmesan for grating

METHOD

Step 1: Preheat the oven to 180°C. Lightly grease a 4-5 cup capacity ovenproof baking dish.

Step 2: Gnocchi: Cook the spinach or silverbeet in a saucepan of boiling salted water until tender. Drain and refresh in cold water, then drain again. Place in a clean tea towel, roll up and squeeze out all the excess water. It's important the greens are dry or the gnocchi will fall apart. Chop greens finely and place in a large bowl. Add all the remaining gnocchi ingredients, season and combine well. Refrigerate the gnocchi until the sauce is ready.

Step 3: Sauce: Heat the olive oil in a saucepan and cook the garlic for 1 minute. Add the tomatoes and simmer for 5 minutes. Place half the sauce in the baking dish.

Step 4: To cook: Scoop golf ball-sized spoons of mixture into your hands and squeeze into an oval shape. Place in the baking dish and spoon the remaining sauce around the gnocchi, then place the olives around. Grate Parmesan over the top and bake for 15 minutes until golden.

Andrew Mackie

Number: 4

DOB: 7/8/1984

Height: 193cm

Career Games: 235

Career Goals: 96

Pre-game: Focus on a large intake of good quality carbohydrates for long lasting energy. Make sure you include a smaller amount of protein and good fat to keep you full and satisfied.

Guthers **MEATBALL LASAGNE**

Prep time: 30 minutes

Cook time: 1 hour

Serves: 6

INGREDIENTS

500g **lean pork and veal mince**

35g (1/2 cup) fresh **breadcrumbs**
(made from day-old bread)

1 egg, lightly whisked

2 tablespoons chopped fresh **basil**

1 tablespoon **extra virgin olive oil**

2 x 400g bottle **Napoletana sauce**

10 **dried lasagne sheets**

200g thinly sliced **lean ham**

250g (2 1/2 cups) coarsely grated

reduced fat mozzarella

375ml (1 1/2 cups) **water**

25g (1/3 cup) finely grated **parmesan**

Fresh **basil** leaves, extra, to serve

TIP

A main meal should be about
2 hours before the game.

METHOD

Step 1: Line a baking tray with baking paper. Place the mince, breadcrumbs, egg and chopped basil in a large bowl. Season well. Use clean wet hands to mix until well combined. Shape heaped tablespoonfuls of the mince mixture into balls. Transfer to prepared tray. Cover and place in the fridge for 30 minutes, if time permits.

Step 2: Heat the oil in a large non-stick frying pan over medium-high heat. Cook the meatballs, in batches, for 5 minutes or until browned, then transfer to a plate.

Step 3: Preheat the oven to 180°C/160°C fan forced. Lightly grease a 19 x 26cm baking dish. Lightly spread one-third of the Napoletana sauce over the base. Cover with a layer of lasagne sheets. Spread with one-third of the ham, half the meatballs and one-third of the mozzarella. Repeat with half of the remaining Napoletana sauce, another layer of lasagne sheets, half of the remaining ham, the remaining meatballs and half of the remaining mozzarella. Finish with the remaining sauce, lasagna sheets, ham and mozzarella.

Step 4: Pour over the water and sprinkle with the parmesan. Cover with baking paper and foil. Bake for 40 minutes. Remove foil and paper. Bake for 10-15 minutes or until golden. Sprinkle with basil leaves.

Cam Guthrie

Number: 29

DOB: 19/8/1992

Height: 187cm

Career Games: 85

Career Goals: 23

Cads **POACHED EGGS WITH BACON & GOATS CHEESE**

To prep: 10 minutes

To cook: 10 minutes

Serves: 2

INGREDIENTS

150g fresh **goats cheese**

1 tablespoon chopped fresh

continental parsley

1 tablespoon chopped fresh **chives**

1 teaspoon of **lemon rind**

4 **rashers short-cut bacon**, fat

trimmed

4 **eggs**

4 thin slices **multigrain bread**, toasted

METHOD

Step 1: Combine the goat's cheese, parsley, chives and lemon rind in a bowl. Set aside.

Step 2: Heat a non-stick frying pan over medium-high heat. Cook bacon for 2 minutes each side or until golden brown. Transfer to a plate. Keep warm.

Step 3: Fill a deep frying pan with 3cm water. Bring to a simmer over medium-low heat. Gently crack in eggs. Poach for 4 minutes or until white is just set and yolk runny.

Step 4: Peel and smash avocado and squeeze the juice of 1 lemon

Step 5: Spread toast with the goat's cheese mixture and top with 2 poached eggs. Season with pepper. Serve with bacon and avocado mixture.



Josh Caddy

Number: 23

DOB: 28/9/1992

Height: 186cm

Career Games: 77

Career Goals: 55

Cookie **SPAGHETTI BOLOGNAISE**

To prep: 15 minutes

To cook: 25 minutes

Serves: 6

INGREDIENTS

1 tablespoon **olive oil**

1 medium **brown onion**, finely chopped

1 large **carrot**, finely chopped

1 **celery** stick, finely chopped

1 large **zucchini**, grated

400g **lean beef mince**

737g jar **tomato pasta sauce with basil**

600g **dried spaghetti pasta**

400g can **brown lentils**, drained, rinsed
grated **parmesan cheese**, to serve

FUN FACT

Nakia likes to add BBQ sauce to his spaghetti bolognese!

METHOD

Step 1: Heat oil in a large frying pan over medium heat. Add onion, carrot, celery and zucchini. Cook, stirring, for 3 to 4 minutes or until onion is tender.

Step 2: Add mince. Cook, stirring with a wooden spoon to break up mince, for 5 to 6 minutes or until mince is browned. Add pasta sauce and lentils. Reduce heat to medium-low. Cook, covered, stirring occasionally, for 10 to 15 minutes or until sauce has thickened slightly. Season with salt and pepper.

Step 3: Meanwhile, cook pasta in a saucepan of boiling water, following packet directions, until tender. Drain. Divide pasta between bowls. Spoon over sauce. Serve with cheese.

Nakia
Cockatoo

Number: 5

DOB: 23/10/1996

Height: 185cm

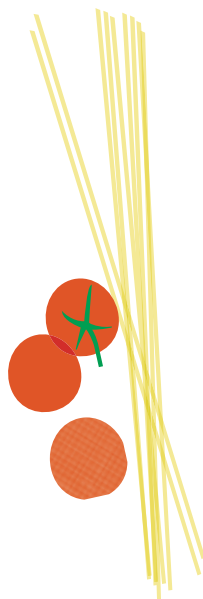
Career Games: 11

Career Goals: 3



MY PRE-GAME RECIPE

INGREDIENTS:



METHOD:

Jimmy **TURKEY BURGER**

Prep time: 15 minutes

Cook time: 15 minutes

Serves: 4

INGREDIENTS

500g lean **turkey mince**

1 tablespoon chopped **fresh thyme** leaves

1 tablespoon **dijon mustard**

1 egg, lightly beaten

2 teaspoons **olive oil**

4 wholemeal bread rolls, halved

2 tablespoons **whole-berry cranberry sauce**

1/2 **butter lettuce**, leaves separated

1 medium **tomato**, finely chopped

4 slices cheddar cheese

METHOD

Step 1: Combine mince, thyme, mustard and egg in a bowl. Season with salt and pepper. Shape mixture into four patties.

Step 2: Heat oil in a large frying pan over medium-high heat. Cook patties for 5 to 7 minutes each side or until browned and cooked through.

Step 3: Spread roll bases with cranberry sauce. Top with lettuce, patties, slices cheese and tomato. Serve.

FACT

Jimmy likes to have a large homemade iced coffee before he plays every game!

Jim Bartel

Number: 3

DOB: 4/12/1983

Height: 187cm

Career Games: 283

Career Goals: 191

Post-game: Focus on a large intake of quality protein for recovery. This should be as close to when the game finishes as possible", some good quality carbohydrates to replenish energy stores and fats to add some good calories.



Harry LAMB, PUMPKIN & SPINACH WHOLEMEAL PIZZAS

Prep time: 20 minutes

Cooking time: 1 hour 10 minutes

Serves: 4

INGREDIENTS

600g **butternut pumpkin**, peeled, cut into 2cm pieces

1 tablespoon **olive oil**

1 teaspoon ground **cumin**

1 teaspoon ground **coriander**

1 teaspoon **smoked paprika**

2 **garlic** cloves, crushed

500g **lamb backstrap**

440g packet **wholemeal pizza bases**

1 1/2 cups **grated Perfect Italiano**

pizza plus

1 large **red onion**, cut into thin wedges

2 tablespoons **pine nuts**

50g **baby spinach**

METHOD

Step 1: Preheat oven to 200°C/180°C fan-forced. Place pumpkin on a baking tray. Drizzle with half the oil. Toss to coat. Season with pepper. Roast for 45 minutes, turning, until just tender.

Step 2: Meanwhile, combine cumin, coriander, paprika, garlic and remaining oil in a bowl. Add lamb. Toss to coat.

Step 3: Heat a chargrill pan over medium-high heat. Cook lamb for 3 to 4 minutes. Transfer to a plate. Cover, set aside for 5 minutes to rest. Thinly slice lamb.

Step 4: Place pizza bases on 2 baking trays. Sprinkle each with 2 tablespoons cheese. Top with onion, pumpkin and pine nuts. Bake for 5 to 8 minutes. Top with lamb and remaining cheese. Bake for 10 to 15 minutes or until cheese is melted and golden. Sprinkle with spinach. Season with pepper. Serve.



Harry Taylor

Number: 7

DOB: 12/6/1986

Height: 195cm

Career Games: 180

Career Goals: 41

Paddy CHICKEN AND MUSHROOM RISOTTO

Prep time: 20 minutes

Cook time: 40 minutes

Serves: 4

INGREDIENTS

300g **chicken breast**

2 tsp **olive oil**

3 cup **low-salt chicken stock (liquid)**

2 cup **water**

1 **brown onion**

180g **mushrooms**

1 handful **baby spinach**

1 tsp **thyme** leaves

1 tsp **garlic**

300g **arborio rice**

100g **cheddar cheese**

METHOD

Step 1: Roughly chop chicken and heat 1 teaspoon of olive oil in a large thick-bottomed saucepan on medium heat. Cook chicken until fully cooked through. Set aside in a bowl.

Step 2: While chicken is cooking combine stock and water in a small saucepan and leave to simmer on medium-high heat with the lid on.

Step 3: Peel onion and chop it finely. Place in a bowl and set aside.

Step 4: Rinse mushrooms and chop finely. Place in a bowl and set aside.

Step 5: Put chicken pieces in the food processor and whiz until fine and crumbly. Place chicken in bowl with mushrooms.

Step 6: Rinse spinach leaves and slice finely, then chop herbs.

Step 7: Heat 1 teaspoon of oil on medium heat in same saucepan that you first cooked the chicken in and cook onion, herbs and garlic until it starts to soften.

Step 8: Add rice to the onion mixture and cook for about a minute or until the rice starts to go slightly translucent. Then add two ladles of hot stock and stir continuously until the stock is completely absorbed by the rice. Continue adding ladles of hot stock until the rice is almost cooked through.

Step 9: Stir through chicken, mushrooms and spinach and continue adding stock until rice is completely cooked.

Step 10: Remove from heat and stir through cheese. Leave to rest with the lid on for several minutes. Serve with a sprinkle of parmesan cheese.

Patrick
Dangerfield

Number: 35

DOB: 5/4/1990

Height: 189cm

Career Games: 154

Career Goals: 163

Mots **FISH LAKSA**

Prep time: 15 minutes

Cook time: 20 minutes

Serves: 4

INGREDIENTS:

1 x 400ml can **lite coconut milk**

80g (1/4 cup) **laksa paste**

500ml (2 cups) **cold water**

60ml (1/4 cup) fresh **lime juice**

1 tablespoon **fish sauce**

125g **rice vermicelli noodles**

300g **boneless firm white fish fillets**
(such as flake), cut into 2cm pieces

Pinch of **salt**

100g **bean sprouts**

1/4 cup firmly packed fresh
coriander leaves

1 small fresh **red chilli**, deseeded,
thinly sliced (optional)

METHOD:

Step 1: Combine the coconut milk and laksa paste in a large saucepan and bring to a simmer over medium heat. Simmer, covered, stirring occasionally, for 5 minutes. Add the water, lime juice and fish sauce and simmer, covered, for a further 5 minutes.

Step 2: Meanwhile, cook the noodles in a medium saucepan of boiling water for 3 minutes or until tender. Drain and divide among serving bowls.

Step 3: Add the fish to the coconut-milk mixture and cook for a further 1 minute or until fish is just cooked through. Taste and season with salt.

Step 4: Divide bean sprouts among serving bowls. Ladle over the hot soup and sprinkle with coriander and chilli (optional). Serve.



Steve Motlop

Number: 32

DOB: 12/3/1991

Height: 185cm

Career Games: 88

Career Goals: 115

MY POST-GAME RECIPE

INGREDIENTS:



METHOD:

Tips

Choose water to drink as much
as you can

Try not to spend too much time on
screens (iPads, phones, PS4s, Xbox,
TV etc)

Energy drinks are no good for kids!

Try and eat a rainbow!

The more colour in your diet the
better (green M&Ms don't count!)

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CATS IN THE COMMUNITY

