

FEEDING A FOOTBALLER

Each month the Arsenal head chef **Christian Sandhagen** tells us what dishes he prepares to help keep the players at the top of their game, and nutritionist **James Collins** reveals the benefits of the menu.



RECIPE OF THE MONTH

Petr Cech has chosen this month's dish for us, and he has gone for steak wraps.

"There are so many dishes that Christian makes at the training ground that are among my favourite, but I will go for the beef wrap, or beef burrito," Petr says.

"I love it because it has a bit of everything, it's quick and easy to eat, and it's very delicious.

"I have to say I love a lot of the soups as well, but the wraps are my favourite at the moment."

Christian says that Petr is usually the first one up to the restaurant every day, and as well as his liking for wraps and soups, he is also partial to a ham, mushroom and tomato omelette most days.

But we want to hear more about these steak wraps, so Christian is sharing the recipe with us, complete with sweet potato wedges and kohlrabi slaw.



CECH'S WRAPS

INGREDIENTS

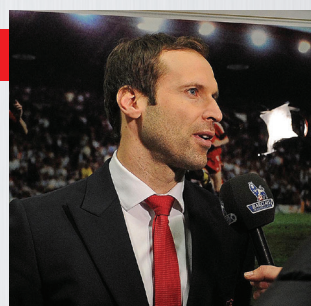
- 4 whole-wheat tortilla wraps
- 4 8oz sirloin steaks
- 2 sliced red onions
- 2 sliced peppers
- 100g cooked black turtle beans
- 6 sweet potatoes
- 2 tbsp olive oil
- 6 sprigs of thyme
- 1/2 tsp dried chilli flakes
- 1 tsp sea salt
- Black pepper

For the marinade

- 1 tsp coriander seeds
- 1 tsp thyme
- 1 clove of garlic
- 1 tsp sea salt
- 1 tsp cumin seeds
- 1 tsp peppercorns
- 2 tbsp olive oil

For the slaw

- 1 red onion, sliced
- 2 carrots, cut into thin strips
- 1 kohlrabi, cut into thin strips
- 1 tbsp chopped parsley
- 2 tbsp crème fraîche
- 1 tbsp olive oil
- Juice of 1/2 lemon



METHOD

- Prepare the marinade. Combine all the ingredients in a pestle and mortar and grind into a smooth paste.
- Brush the steaks with the marinade and set aside for at least an hour. Keep the rest of the marinade.
- Cut the sweet potatoes into wedges, place on a baking tray, brush with oil and add thyme, chilli flakes, salt and pepper.
- Bake for 25-30 minutes at 180 degrees.
- Grill the steak in a hot pan for two minutes on each side and finish in the oven to required taste. Leave to rest, then slice.
- Use the same pan to fry the onions, peppers and black beans until soft, then add the rest of the steak marinade, season and set aside.
- Make the slaw by combining all the ingredients and season with salt and pepper.
- Warm the wrap and fill with sliced steak, onions, peppers and black beans.
- Roll wraps and serve with the slaw and wedges. This is enough to serve four.



Have you seen Christian's great recipe videos on Facebook? Head to Arsenal's Official Facebook page to see these recipes come to life.



NUTRITIONAL INFORMATION

Arsenal's resident nutritionist James Collins tells us...



"The focus on this dish is recovery," James says. "The high-protein content supports muscle repair and regeneration after training."

"The ingredients such as cumin in the marinade also aid recovery. Use sweet potatoes instead of ordinary and wholegrain wraps instead of white wraps for extra nutritional benefit."

"Overall though, this is a quick and easy option to make and eat straight after your workout."