



## Butterbeans with spinach, chilli and garlic

An easy mixed vegetable side dish that has a spicy twist and also gives 2 of your 5 a day. As an athlete spinach is packed with Iron, Nitrates and Vitamins. Nitrates in foods like spinach and beetroot allow additional oxygen availability when the body is at lactate threshold. It lowers the perceived effort of training, making it possible to train and race harder. Beans are a good source of many of the B vitamins which are important for athletes and beans also bring good supplies of calcium, copper, iron, zinc, phosphorus, potassium and magnesium into athletes's bodies.

**Serves: 4, Prep time: 00:10, Cook time: 00:15**

## Instructions

1. Heat the oil in a large pan and cook the onion for 10 minutes, until softened. Add the chilli and garlic for the last 2 minutes.
2. Pour in the stock with the butterbeans and peas and simmer for 2-3 minutes, then stir in the spinach. Once just wilted, season with freshly ground black pepper and serve.

It's that simple!

For a FREE recipe book click [here](#) &nbsp; [Chili Tri](#)

## Ingredients

- 1 tablespoon Oil, olive
- 1 Onion, Red, Finely sliced
- 1 Red chili, Sliced
- 2 Garlic, cloves, Finely sliced
- 150 milliliters Vegetable stock (5 oz (U.S.))
- 410 grams Butter Beans, 1 tin of butterbeans in water, drained and rinsed (14.5 oz)
- 150 grams Peas, Frozen (5.5 oz)
- 200 grams Baby Spinach Leaves (7 oz)

Typical Values (boiled) per 100g : Energy  
247kj/59kcal

**Each serving provides:**

14.5g carbohydrate

5.2g fibre

8.3g protein