

Dish- Saag

Originally an Indian dish, using spinach as the main ingredient, with either beans or meat as a component it becomes both a healthy and tasty dish. Although, first impressions aren't great with this dish.

Ingredients;

- **Calories per serving of sarson ka saag**
 - 46 calories of Sunflower Oil, (0.38 tbsp)
 - 19 calories of Mustard Greens, (125 grams)
 - 17 calories of Spinach, fresh, (75 grams)
 - 9 calories of Red Ripe Tomatoes, (0.25 cup, chopped or sliced)
 - 1 calories of Green Chili Peppers, canned, (0.05 cup)
- Add either beans or lamb/chicken meat, according to serving number
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Doping Case-Shoaib Akhtar

Akhtar, a Pakistan international cricketer and for some, a hero was found guilty of doping by use of the anabolic steroid nandrolone. He is famous to many for bowling the fastest ball at over 100mph. The Pakistan Cricket Board conducted an internal investigation, and was found guilty in 2006 alongside Asif another Pakistan bowler. WADA conducted a thorough inquiry and bound the ban for both the players who accepted the tests. Akhtar maintained that he had been on a high-protein diet of beef, chicken and other herbal supplements. Initially, Akhtar denied allegations, but later decided he wouldn't want a retest of his sample's, showing many that he was guilty. I've chosen this doping case as Akhtar was a great influence on me growing up, with a lot of passion and fight. He overstepped the line in this regard, but should be banned from the game permanently (he only received a two year ban). In my opinion, WADA and other organisations have to take a stronger charge to ensure these things don't happen.

