

SIMPLE CHICKEN CURRY

Serves 2 (each serving contains approx 540 kcal)

INGREDIENTS

80g wholegrain rice	2 carrots
2 tsp rapeseed oil (10g)	200g green beans
1 onion	150ml warm water
2 skinless and boneless chicken fillets	sea salt and freshly ground black pepper
1 tbsp mild curry paste or powder (15g)	

METHOD

Rinse the rice well in a sieve and then put into a small saucepan with 250ml of water and a pinch of salt, if using. Bring to the boil, then reduce the heat and cover with a lid. Simmer for 25 minutes without lifting off the lid, then turn off the heat and leave to sit for another 10 minutes for perfectly cooked rice (or simply cook according to packet instructions). This rice can sit happily for up to 30 minutes with the lid on.



Heat the oil in a wok or large frying pan that has a lid over a medium heat. Meanwhile, cut the onion in half and peel off the skin, then put each half on a chopping board and cut into slices.

Add one teaspoon of the oil to the heated wok, swirling to coat it up the sides. Add the onion 2-3 minutes until softened, stirring occasionally with a wooden spoon.

Using a sharp knife or a scissors cut the chicken into bite-sized pieces and then add to the onion with the curry paste or powder. Stir-fry for another 2-3 minutes until sealed and almost tender.

Meanwhile, peel the carrots and cut into quarters, then cut into dice. Trim the green beans and cut in half. Add both to the chicken mixture with the water and bring to a simmer, stirring to combine. Season with a little salt, if using and plenty of freshly ground black pepper. Reduce the heat, then cover with the lid and simmer gently for 5 minutes or until the chicken is tender and the vegetables still have a little crunch.

Fluff up the rice with a fork and divide among plates, making a slight dip in the centre. Spoon over the chicken curry to serve.

GET AHEAD

This curry and rice could be made in advance and would keep happily in an airtight container for up to 3 days – just make sure the rice is chilled down within 2 hours. Reheat once in the microwave or in a saucepan and bring a fork if transporting.



WEEK 1 FRIDAY 11TH JAN

FISH GOJONS WITH POTATO WEDGES

Serves 2 (each serving contains approx 545 kcal)

INGREDIENTS

200g floury potatoes, scrubbed
(such as Rooster or Maris Piper)
4 tsp olive oil (20g)
25g plain flour
1 egg
2 tbsp low fat milk (30g - 1.5% fat)
40g fresh white breadcrumbs
(or use dried often known as panko)

40g porridge oats
250g boneless cod fillets, skinned
100g salad leaves
(mixture of watercress, rocket & spinach)
7 yellow cherry tomatoes
1 tsp snipped fresh chives (5g)
2 tbsp natural yoghurt (30g - 3% fat)
1 tsp sweet chilli sauce (5g)
sea salt and freshly ground black pepper

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METHOD

Preheat the oven to 200C / 400F / gas mark 6. Peel the potatoes and then using a small sharp knife, cut it into even-sized wedges. Place in a pan of boiling water and cook for 2 minutes until almost tender but still holding their shape. Arrange on a baking sheet lined with parchment paper and drizzle with two teaspoons of the olive oil, tossing to coat evenly. Season lightly with salt, if using and put in the top shelf of the oven. Roast for about 25 minutes until cooked through and golden brown, turning half way through to ensure that they cook evenly - a tongs can be helpful for this.

Meanwhile, put the flour into a shallow dish and season lightly with salt, if using and plenty of freshly ground black pepper. Break the egg into a bowl and add the milk, then beat to combine with a fork. Mix the breadcrumbs and oats in a separate bowl and line the three bowls up alongside each other with an empty plate ready for the coated cod.

Using a small sharp knife or a scissors, cut the cod into strips. In small batches of 2-3 pieces toss the cod strips in the flour and toss to coat, shaking off any excess. Dip in the beaten egg mixture and then roll in the breadcrumbs. Put on the plate while you finish off the remainder.

Arrange the cod goujons on a separate baking sheet lined with parchment paper and spray the remaining two teaspoons of oil over one side of all the goujons, turning them over to ensure they are all lightly coated evenly. Place in the oven and cook for 15-20 minutes until cooked through and tender.

Arrange the cod goujons on plates with the potato wedges and arrange the watercress with cherry tomatoes that you've cut in half alongside and scattered with the chives. Put the yoghurt into small dishes or straight on to the plates and drizzle with half the chilli sauce to serve.

GET AHEAD

The cod goujons can be made up to 2 days in advance and kept covered with clingfilm on a plate in the fridge. They also freeze very well – simply lay out on a plate lined with parchment paper well spaced apart until frozen solid then put into freezer bags and use as required. If you cook them from frozen allow an extra 10-15 minutes in the oven until they are cooked through and tender.

WEEK 1 SATURDAY 12TH JAN

TURKEY PESTO PASTA

Serves 2 (each serving contains approx 535 kcal)

INGREDIENTS

100g wholewheat spaghetti
1 red pepper
1 green pepper
1 courgette
250g lean turkey steaks
1 tbsp rapeseed oil (15g)

35g light cream cheese
(such as Philadelphia)
3 tbsp sun-dried tomato pesto
(45g - ready-made from a jar or tube)
sea salt and freshly ground black pepper

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METHOD

Bring a large saucepan of water to the boil with a pinch of salt, if using. Add the spaghetti and carefully swirl it around so that it softens and goes into the water. Cook for 10-12 minutes or until tender (or according to the packet).

Meanwhile, cut the peppers in half and remove the seeds and cores, then discard. Thinly slice the peppers and set aside until needed. Trim the courgette and cut into batons.

Heat a wok or large frying pan. Meanwhile, cut the turkey steaks into strips. Add the oil and swirl around the edges. Tip in the turkey and stir-fry with a wooden spoon for 2-3 minutes until sealed and lightly browned.

Reduce the heat and stir in the cream cheese, pesto and prepared vegetables. Season lightly with salt, if using and add plenty of freshly ground black pepper. Simmer gently for another 6-8 minutes or until the turkey is completely tender and so are the vegetables.

Drain the spaghetti into a colander in the sink and divide among wide rimmed bowls. Spoon over the turkey pesto mixture to serve.

GET AHEAD

This pasta dish could be made in advance and would keep in a suitable airtight container for up to 2 days in the fridge. It would also be served as a salad, perhaps using a pasta shape that is more convenient to eat such as wholewheat penne or fusilli. Just remember to bring a fork if transporting.

WEEK 1 SUNDAY 13TH JAN

SUPER EASY SUNDAY ROAST CHICKEN

Serves 2 (each serving contains approx 445 kcal)

INGREDIENTS

300g cooked chicken
250g floury potatoes
(such as Roaster)
3 carrots
100g frozen peas
1 tbsp butter (15g)

2 tbsp low fat milk (30g - 1.5% fat)
2 tsp chicken gravy granules
(10g - from a carton or packet)
100ml boiling water
sea salt and freshly ground black pepper

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METHOD

Remove the chicken from the fridge and cut into slices, then arrange on two plates. Set aside at room temperature until needed.

Peel the potatoes and using a small sharp knife, cut into even-sized dice. Put into a saucepan with half filled with water and a pinch of salt, if using. Bring to the boil and then reduce the heat to medium and simmer for 10-12 minutes or until completely tender. To check the potatoes are completely tender pierce one with the tip of a sharp knife it should go in with no resistance.

Meanwhile, peel the carrots and cut into thin slices. Put into a saucepan fitted with a petal steamer over a medium heat and then tip the peas on top. Cook for 5 minutes until all the vegetables are tender.

Meanwhile, using a potato masher mash the potatoes, then beat in the butter and milk with a wooden spoon until light and fluffy. Season lightly with salt, if using and plenty of freshly ground black pepper. Put on the plates alongside the chicken and cover with tin foil. Keep warm in a low oven 110C / 225F / gas mark $\frac{1}{4}$.

Make up the gravy granules with the boiling water in a small saucepan over a medium heat, stirring until smooth and bubbling (or according to packet instructions). Check that the vegetables are cooked and if they are take the chicken and mashed potatoes out of the oven with an oven glove and tip on the carrots and peas. Pour over the gravy to serve.

GET AHEAD

This dinner could be easily doubled up and the other two plates kept covered with clingfilm in the fridge for up to 2 days so that you have an easy dinner to hand. Ready cooked chickens are perfect for using in this recipe and will help to cut the time you need to spend in the kitchen drastically.

WEEK 1 MONDAY 14TH JAN

MEDITERRANEAN OMELETTE WITH MIXED SALAD

Serves 2 (each serving contains approx 400 kcal)

INGREDIENTS

50g baby spinach leaves	1 tbsp rapeseed oil (15g)
14 cherry tomatoes	5 eggs
1/4 cucumber	25ml low fat milk (1.5% fat)
1 tsp Aoife's vinaigrette dressing (5g see recipe)	10g ricotta cheese
1 red pepper	sea salt and freshly ground black pepper
1 yellow pepper	

METHOD

Arrange the spinach leaves on plates and then cut the cherry tomatoes in half and scatter on top. Cut the cucumber in half and cut into slices and add, then drizzle over $\frac{1}{2}$ a teaspoon of the dressing over each plate. Set aside.

Cut the red and yellow peppers in half and remove the seeds and core, then cut into slices. Heat a teaspoon of rapeseed oil in a frying pan for 8-10 minutes until tender, stirring occasionally with a wooden spoon.

Break the eggs into a bowl and add the milk, then season with a little salt and plenty of freshly ground pepper. Gently beat the eggs and milk with a fork until the yolks and whites are just combined. Don't be tempted to over-beat the omelette, as it will spoil the texture.

Place a separate frying pan over a medium heat. Add another teaspoon of the oil and quickly swirl it around, tilting the pan so that the base and the sides get coated. Now turn up the heat to its highest setting.

Pour in half of the beaten egg mixture, tilting it around to spread the eggs in an even layer. Place on the heat for about 20 seconds, tilting the pan until there is liquid egg left, just on the surface. Scatter half of the sautéed peppers down the middle and then sprinkle the ricotta cheese on top before folding over to enclose the fillings. The easiest way to do this is to tilt the pan again, and flip one side of the omelette into the centre, then fold again.

Take the frying pan to the warm plate and the last fold will be when you tip the omelette out onto the plate with the salad. It's worth remembering that an omelette will continue cooking, even on the plate, so serve it immediately. Repeat with the rest of the oil and egg mixture to make a second omelette. Serve at once.

OTHER FILLING SUGGESTIONS (QUANTITIES ARE FOR 2 OMELETTES)

MUSHROOM & RICOTTA CHEESE (EACH OMELETTE CONTAINS APPROX 420 KCAL): 200G MUSHROOMS, 50G RICOTTA CHEESE

Sauté 200g of trimmed and sliced mushrooms in a teaspoon of rapeseed oil in a non-stick frying pan for 2-3 minutes until tender and spoon half into the middle of each omelette. Then top each one with 25g of ricotta cheese before folding over to enclose the fillings.

SPINACH & GOAT'S CHEESE (EACH OMELETTE CONTAINS APPROX 490 KCAL): 50G GOAT'S CHEESE, 100G BABY SPINACH LEAVES

Wilt 100g of tender young spinach leaves in a teaspoon of rapeseed oil in a non-stick frying pan for a minute or two until tender, then drain off any excess liquid and spoon half down the middle of each omelette. Crumble over 25g of goat's cheese over each one before folding over to enclose the fillings.

BACON & CHERRY TOMATO (EACH OMELETTE CONTAINS APPROX 395 KCAL): 50G BACON RASHERS, 4 TOMATOES

Grill a bacon rasher for 3-4 minutes until crisp and golden, then drain well on kitchen paper. Snip into small pieces with a scissors or using a small knife cut into dice. Scatter 50g of halved mixed cherry tomatoes down the middle of each omelette and sprinkle the bacon on top before folding over to enclose the fillings.



WEEK 1 TUESDAY 15TH JAN

SWEET CHILLI CHICKEN WITH MIXED PEPPER STIR-FRY

Serves 2 (each serving contains approx 480 kcal)

INGREDIENTS

2 skinless and boneless chicken fillets	2 tsp rapeseed oil (10g)
4 tbsp sweet chilli sauce (60g - from a bottle)	250g baby new potatoes
1 red pepper	sea salt and freshly ground black pepper
1 yellow pepper	
1 green pepper	

METHOD

Preheat the oven to 180C / 350F / gas mark 4. Place the chicken fillets in a small ovenproof dish that they will fit into snugly and spoon over the sweet chilli sauce, turning to coat them evenly. Cover tightly with tin foil and place in the oven for 20 minutes or until cooked through and tender.



Meanwhile, place the potatoes in a saucepan fitted with a petal steamer and cook over a medium heat for 15-20 minutes or until tender.

Heat a wok or large frying pan over a medium to high heat. Cut each pepper in half and remove and discard the seeds and cores, then thinly slice.

Add the oil to the wok and swirl up the sides, then add the peppers and stir-fry for a couple of minutes until the peppers begin to pick up a bit of colour. Season lightly with salt, if using and plenty of freshly ground black pepper.

Arrange the sweet chilli chicken on plates and spoon over any remaining sauce that is left in the bottom of the dish. Arrange the mixed pepper stir-fry alongside with the baby potatoes to serve.

GET AHEAD

If time allows marinate the chicken fillets in the sweet chilli sauce in a non-metallic dish covered with clingfilm for up to 3 days in the fridge, which will tenderise the meat. Slice the peppers and keep in a Ziploc bag ready to cook in the fridge for up to 3 days to save time before cooking. Leftover portions of this recipe can be stored in an airtight container and reheated once in the microwave when ready to eat or served cold – just bring a fork with you.

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WEEK 1 WEDNESDAY 16TH JAN

PORK CHOPS WITH MASHED POTATOES & VEG

Serves 2 (each serving contains approx 540 kcal)

INGREDIENTS

2 pork loin chops (well trimmed)
250g floury potatoes
(such as Rooster or Maris Piper)
3 carrots
1 small head of broccoli
1 tbsp butter (15g)

2 tbsp low fat milk (30g - 1.5% fat)
2 tsp chicken gravy granules
(10g - from a carton or packet)
100ml boiling water
sea salt and freshly ground black pepper

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METHOD

Preheat the grill to medium and line the grill rack with tin foil. Put on the pork chops and season lightly with salt, if using and plenty of freshly ground black pepper. Cook for 10-12 minutes, turning once or until cooked through and tender. Then transfer to plates and keep warm in a low oven 110C / 225F / gas mark ¼ to rest for 5 minutes.

Meanwhile, peel the potatoes and using a small sharp knife, cut into even-sized dice. Put in a saucepan half filled with water over a medium heat with a pinch of salt, if using. Bring to the boil and then reduce the heat and simmer gently for 10-12 minutes or until completely tender. Check by piercing a piece with the tip of a sharp knife it should go in with no resistance.

Peel the carrots and cut into thin slices. Break or cut off the broccoli florets and then cut into even-sized small florets so that they will cook evenly. Put the carrots into a saucepan fitted with a petal steamer over a medium heat and tip the broccoli on top to cook for 5 minutes until the vegetables are tender.

Meanwhile, drain the potatoes, then mash using a potato masher. Beat in the butter and milk with a wooden spoon until light and fluffy. Season lightly with salt, if using and plenty of freshly ground black pepper. Arrange on the plates with the pork chops and keep warm.

Whisk the gravy granules into the boiling water a small saucepan over a medium heat on the hob (or make up according to packet instructions). Keep warm. Check that the vegetables are cooked and if they are take the pork chops and mashed potatoes out of the oven with an oven glove and tip on the carrots and broccoli. Pour over the gravy and serve at once.

GET AHEAD

This dinner could be easily doubled up and the other two plates kept covered with clingfilm in the fridge for up to 2 days so that you have an easy dinner to hand.

WEEK 1 SAUCE ACCOMPANIMENT

VINAIGRETTE SALAD DRESSING

Makes 8 servings (contains approx 65 kcal in each 1 tbsp serving)

INGREDIENTS

1 small garlic clove
2 tbsp balsamic vinegar (30ml)
50ml olive oil (extra-virgin for a stronger flavour)
1 tbsp wholegrain mustard (15g)
1 tsp honey (5g)

1 tsp snipped fresh chives (5g)
Sea salt and freshly ground black pepper

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METHOD

Use a garlic crusher to crush the garlic or the fine side of a box grater if you find that easier. Put into a screw-topped jar (an old washed out jam jar is perfect). Add the balsamic vinegar, olive oil, mustard, honey and chives to the jar and season lightly with salt, if using and add plenty of freshly ground black pepper. Then screw the lid back on tightly. Shake hard until the dressing has thickened and emulsified. Store in the fridge for up to 1 week and use as required.

GET AHEAD

This dressing will last up to 3 days if stored in the fridge.