

CHICKEN GOUJONS WITH POTATO WEDGES

Serves 2 (each serving contains approx 520 kcal)

INGREDIENTS

200g floury potato, 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)

50g dried white breadcrumbs

25g porridge oats

2 boneless and skinless chicken fillets

100g lambs lettuce
(or use any variety of lettuce available)

7 cherry tomatoes

Sea salt and freshly ground black pepper

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METHOD

Preheat the oven to 200C / 400F / gas mark 6. Using a small sharp knife, cut the potatoes into even-sized wedges. Place in a pan of boiling water and cook for 3-4 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. Season lightly with salt and put in the top shelf of the oven. Roast for 30-35 minutes until cooked through and golden brown, turning half way through to ensure that they cook evenly - a tong 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 separate 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 chicken.

Using a small sharp knife or a scissors, cut the chicken into strips. In small batches of 2-3 pieces toss the chicken 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 chicken goujons on a separate baking sheet lined with parchment paper and drizzle 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 or until cooked through and tender.

Arrange the chicken goujons on plates with the potato wedges and arrange the lettuce with cherry tomatoes that you've cut in half alongside to serve.

GET AHEAD

The chicken goujons can be made up to 3 days in advance and kept covered with clingfilm on a plate on the bottom shelf of 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 or an airtight container and use as required. If you cook them from frozen allow an extra 10-15 minutes in the oven or until they are cooked through and tender.

WEEK 3 FRIDAY 25TH JAN

CREAMY PRAWN & COURGETTE PASTA

Serves 2 (each serving contains approx 500 kcal)

INGREDIENTS

100g wholewheat fusilli pasta
½ tbsp olive oil (7g)
1 garlic clove
1 large courgette
300g raw peeled tiger prawns

400g small cherry tomatoes
Handful fresh basil leaves, plus extra to garnish
4 tbsp light cream cheese (60g)
sea salt and freshly ground black pepper

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METHOD

Cook the fusilli in a pan of boiling water with a pinch of salt, if using for 10-12 minutes or according to packet instructions.

Peel the garlic and use a garlic crusher or grate on the fine side of a box grater. Trim the courgette and using a small sharp knife cut into small dice.

Heat a large non-stick frying pan or wok over a medium heat. Add the oil and swirl it up the sides. Tip in the garlic and stir-fry for 10 seconds, being careful not to let it brown too much. Tip in the courgettes and season with a little salt, if using and plenty of freshly ground black pepper. Cook for another 6-8 minutes until the courgettes are completely tender and just starting to caramelize, stirring regularly with a wooden spoon.

Scatter the prawns into the pan and toss until evenly coated, then cook for a minute or two until they turn pink. Add the cherry tomatoes and tear in the basil and continue to toss until evenly combined and everything has just warmed through but the tomatoes are still holding their shape. Remove from the heat.

Drain the pasta and return to the pan, then gently fold in the light cream cheese followed by the prawn and courgette mixture. Divide among wide rimmed bowls and garnish with a few extra torn basil leaves to serve.

GET AHEAD

Once everything is prepared the ingredients can be kept covered individually on the bottom shelf of the fridge until you are ready to cook but the freshness and vibrancy of colour will be lost if you cook it in advance.



WEEK 3 SATURDAY 26TH JAN

EASY SHEPHERD'S PIE

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Serves 2 (each serving contains approx 470 kcal)

INGREDIENTS

1 onion	200ml water
2 carrots	300g floury potatoes (such as Rooster or Maris Piper)
2 celery sticks	25ml low fat milk (1.5% fat)
2 garlic cloves	200g green beans
20g butter	Sea salt and freshly ground black pepper
200g lean steak mince	
½ packet Shepherd's pie mix	

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METHOD

Using a small sharp knife, cut the onion in half and peel off the skin, then put each half on a chopping board and cut into slices, keeping the root intact. Then make 2 horizontal cuts one above the other and finally, chop down across the width of the onion. Peel the carrots and cut into dice with the celery. Peel the garlic and use a garlic crusher or grate on the fine side of a box grater.

Heat a frying pan over a medium heat. Add half of the butter and once it is melted. Tip in the onion, carrots, celery and garlic, stirring to combine. Cook for about 5 minutes until softened, stirring occasionally with a wooden spoon.

Add the steak mince to the pan and cook for another 3-4 minutes or until browned, stirring occasionally and breaking up any lumps with a wooden spoon. Stir in the packet mix and then add the water. Bring to a simmer and then cook for 5 minutes until thickened, stirring occasionally. Place in a small ovenproof dish and set aside to allow a skin to form. This will make it easier to spread over the potatoes.

Preheat the oven to 180C / 350F / gas mark 4. Peel the potatoes and cut into dice. Place in a saucepan fitted with a petal steamer and cook over a medium heat for 10-12 minutes or until tender. Tip into a bowl and mash with a potato masher until smooth. Season lightly with salt, if using and add plenty of freshly ground black pepper, then beat in the rest of the butter with the milk. Spoon the mash on top of the mince, starting with dollops around the edges and finishing with the middle. Spread around with a table knife until you have a nice even layer and then bake for 30-40 minutes until bubbling and golden brown.

Meanwhile, trim the ends off the green beans and put in a saucepan fitted with a petal steamer over a medium heat. Cook for 3-4 minutes until tender, then drain and arrange on plates with the Shepherd's pie to serve.

GET AHEAD

This recipe can be made up to 3 days in advance and kept covered with clingfilm in the fridge. It can also be frozen for up to 1 month. The recipe can also be scaled up so you could make a double batch and then freeze individual portions in suitable containers. Defrost on the bottom shelf of the fridge before reheating in the oven or microwave once until piping hot.



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WEEK 3 SUNDAY 27TH JAN

ROAST PORK WITH RATATOUILLE

Serves 2 (each serving contains approx 430 kcal)

INGREDIENTS

250g baby new potatoes
1 tbsp olive oil (15g)
2 vine-ripened tomatoes
2 courgettes
2 celery sticks
1 small onion
1 garlic clove
2 tbsp tomato puree (10g)

1 tsp dried basil (5g) or handful of fresh basil leaves
250g pork tenderloin (well trimmed)
½ tbsp honey (7g)
½ tsp mild chilli powder (2.5g)
½ tsp ground cumin (2.5g)
1 tsp water (5g)
sea salt and freshly ground black pepper

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METHOD

Preheat the oven to 160C / 325F / gas mark 3. Cut the potatoes in half and put in a casserole dish with a lid (or if you don't have one you can use a roasting tin lined with parchment paper and cover with tin foil). Toss in the oil and season with a little salt, if using. Roast for 20 minutes.

Dice the tomato. Trim the courgettes and celery and cut both into 2cm slices on the diagonal. Peel the onion and roughly chop. Peel the garlic and use a garlic crusher or grate on the fine side of a box grater.

Remove the potatoes from the oven and give them a good toss, then add the tomato dice, courgettes, celery, onion and garlic. Season with plenty of freshly ground black pepper and drizzle over the tomato puree and sprinkle with the dried basil, if using. Toss until evenly combined, then cover with a lid or foil and return to the oven for another 30-35 minutes until the vegetables are tender but still holding their shape.

Meanwhile, mix the honey, chilli powder, cumin and water in a bowl and brush over the pork tenderloin. Place in a small baking dish that it will fit into snugly and put on the top shelf of the oven to cook for 25-30 minutes or until tender and cooked through, basting once or twice to ensure it doesn't dry out. Remove the pork from the oven and leave to rest for 10 minutes, then carve into slices and divide between plates. Add the ratatouille and scatter over the fresh basil, if using (instead of the dried) to serve

GET AHEAD

If you want to cook this in a slow cooker then put all of the vegetables in for 4 hours on a low heat and cook the pork steak in the oven for 30 minutes at 180C / 350F / gas mark 4. Once the pork tenderloin has been marinated it will keep happily on the bottom shelf of the fridge for up to 3 days.



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WEEK 3 MONDAY 28TH JAN

CREAMY MUSHROOM PASTA

Serves 2 (each serving contains approx 340 kcal)

INGREDIENTS

120g wholewheat fusilli or penne pasta

1 tbsp olive oil (15g)

1 garlic clove

150g mushrooms (chestnut or ordinary)

½ vegetable stock cube (reduced salt)

225ml boiling water

Good pinch of dried oregano or ½ tsp

Fresh torn oregano leaves (2,5g)

½ lemon

125g light cream cheese

125g tender young spinach leaves

Sea salt and freshly ground black pepper

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METHOD

Cook the fusilli or penne in a saucepan of boiling water with a pinch of salt, if using for 10-12 minutes or according to packet instructions.

Peel the garlic and use a garlic press or grate on the fine side of a box grater. Trim the mushrooms and using a small sharp knife cut into slices.

Heat a frying pan or wok over a medium heat. Add the oil and swirl it up the sides. Tip in the garlic and stir-fry for 10 seconds, being careful not to let it brown too much. Tip in the mushrooms and season with a little salt, if using and plenty of freshly ground black pepper. Cook for another 6-8 minutes until the mushrooms are tender, stirring regularly with a wooden spoon.

Dissolve the stock cube in the boiling water and stir into the pan. Allow to bubble down, then sprinkle over the oregano and add a good squeeze of lemon juice, about ½ a tablespoon is about right. Bring to a simmer and cook for 5-10 minutes until the liquid has reduced by half. Stir in the light cream cheese and then add the spinach, fistfuls at a time until all wilted. Cook for another minute or two to combine.

Drain the pasta and return to the pan, then gently fold in the creamy mushroom & spinach sauce. Divide among wide rimmed bowls and garnish with a little more freshly ground black pepper to serve.

GET AHEAD

The mushroom & spinach sauce would keep well in an airtight container for up to 3 days in the fridge so you would just need to cook the pasta and then reheat the sauce gently in a small saucepan or in the microwave once before using.



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TURKEY & BUTTERNUT SQUASH CURRY

Serves 2 (each serving contains approx 545 kcal)

INGREDIENTS

80g wholegrain rice	200ml chicken stock (reduced salt)
1 onion	2 tsp Thai fish sauce (10g - nam pla) (optional)
1 red chilli (optional)	1 tbsp soy sauce (15g)
2 garlic cloves	300g turkey breast steaks
2 tsp rapeseed oil (10g)	200g green beans
1 butternut squash	1 lime
1 tbsp Thai red curry paste (15g - from a jar)	Freshly ground black pepper
160g tin coconut milk	

METHOD

Rinse the rice well in a sieve and then put into a small saucepan with 250ml of water. 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.

Using a small sharp knife, cut the onion in half and peel off the skin, then put each half on a chopping board and cut into slices. Cut the chilli in half and remove the seeds with a teaspoon, then finely chop, if using.

Peel the garlic and use a garlic crusher or the fine side of a box grater if you find that easier.

Heat a large saucepan with a lid over a medium heat and then add the oil. Tip in the onion and cook for 5 minutes, stirring with a wooden spoon until softened and just beginning to colour around the edges. Add the chilli, if using with the garlic and cook for another minute, stirring.

Meanwhile, peel the butternut squash and then using a sharp knife cut it in half and scoop out all of the seeds with a spoon and discard, then chop the remaining flesh into small dice.

Stir the curry paste into the onion mixture and cook for 1 minute, then stir in the coconut milk, stock, fish sauce, if using, soy sauce and butternut squash. Bring to the boil, then reduce the heat and simmer for 10 minutes.

Meanwhile, cut the turkey into strips and trim the green beans before cutting them in half. Stir into the butternut squash mixture and cover with a lid. Reduce the heat and simmer gently for 6-8 minutes or until the turkey and all the vegetables are completely tender. Cut the lime in half and squeeze in and season with plenty of freshly ground black pepper.

Fluff up the rice with a fork and divide among bowls then ladle over the turkey & butternut squash curry to serve.

GET AHEAD

This curry can be made up to 3 days in advance and its flavour will only improve the longer it is kept. It can also be made in a slow cooker, simply put all the ingredients on low for 4 hours. However you have made the curry once it is cooked, allow it cool down completely and put into a airtight container in the fridge until needed, then reheat in the microwave once or in a saucepan on the hob over a gentle heat.

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SPICY CHICKEN & RICE BOWL

Serves 2 (each serving contains approx 540 kcal)

INGREDIENTS

2 skinless and boneless chicken fillets
1 small onion
2 green peppers
400g tin chopped tomatoes
1 garlic clove
400g tin black beans (240g drained)
½ tsp paprika (2.5g)

½ tsp ground cumin (2.5g)
Pinch of salt (optional)
1 tsp crushed red chillies (5g) (optional)
200g leftover cooked wholegrain rice
30g Cheddar cheese
2 tsp soured cream (10g - optional)

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METHOD

Preheat the oven to 170C / 325F / gas mark 3. Using a small sharp knife, cut the chicken into bite-sized pieces. Then cut the onion in half and peel off the skin, then put each half on a chopping board and cut into slices, keeping the root intact. Then make 2 horizontal cuts one above the other and finally, chop down across the width of the onion. Cut the peppers in half and remove the seeds and core with a teaspoon, then finely chop into dice. Peel the garlic and then use a garlic crusher or grate the garlic clove on the fine side of the box grater. Drain the black beans into a sieve and then rinse well under cold running water.

Place the tomatoes, peppers, onion, garlic, paprika, cumin with the salt and crushed chilli, if using in a casserole dish. Stir in the chicken until well combined and cover with a lid. Place in the oven for 1 hour or until the chicken is completely tender. Fold in the cooked rice with the black beans and continue to cook until heated through. Grate the Cheddar cheese. Then divide the spicy chicken & rice into bowls and scatter over the Cheddar cheese and add a dollop of the sour cream, if liked.

GET AHEAD

This recipe works brilliantly in the slow cooker simply cook the chicken on low for 4 hours. Once the chicken has been shredded fold back in the beans and rice and allow to warm through. Serve as described above. It can be made up to 3 days in advance and its flavour will only improve the longer it is kept. Simply cool down completely and put into an airtight container in the fridge within 2 hours and keep until needed, then reheat once in the microwave or in a saucepan on the hob over a gentle heat. Finish off with the cheese and the sour cream, if using. Bring a spoon if transporting.

