

# LUNCH

## CHICKEN NOODLE SOUP

Serves 3 (600ml bowl contains approx 300kcal)

### INGREDIENTS

1 tbsp rapeseed oil (15g)  
1 onion  
2 celery sticks  
2 carrots  
1 tsp dried or chopped fresh thyme (5g)  
2 chicken stock cubes (reduced salt)

950ml boiling water  
500ml water  
90g wholewheat fusilli pasta  
150g cooked chicken  
1 tbsp fresh coriander leaves (15g - optional)  
Sea salt and freshly ground black pepper

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### METHOD

Heat the oil in a large saucepan 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, keeping the root intact. Then make 3 horizontal cuts one above the other and finally, finely chop down across the width of the onion. Add to the heated saucepan, stirring to coat in the oil. Cook gently for 2-3 minutes, stirring occasionally with a wooden spoon.

Meanwhile, trim down the celery and cut into long strips lengthways, then finely chop and add to the pan with the onion. Next peel the carrots and cut into quarters, then finely dice and add to the pan with the thyme, stirring to coat. Cook for another few minutes until the vegetables are beginning to soften but not colour, stirring occasionally.

Put the two stock cubes into a jug and fill up with the boiling water, stirring with a spoon to dissolve. Pour into the vegetable mixture with the other 500ml of water and bring to a simmer. Stir in the pasta and cook for 10-12 minutes or according to instructions on the packet of pasta until the pasta is tender but still holding its shape. Season lightly with salt, if using and plenty of freshly ground black pepper.

Meanwhile, shred the chicken and then finely dice. Add to the soup. Ladle the soup into bowls and scatter over the coriander, if using to serve.

### GET AHEAD

This soup will keep in an airtight container in the fridge for up to 3 days or frozen for up to 1 month. Bring individual portions of 600ml in a flask or an airtight container and reheat in the microwave or on a low heat with a saucepan to serve. Bring a spoon if transporting.



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# LUNCH

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## SPICY CHICKEN & TOMATO SOUP

Serves 3 (600ml bowl contains approx 330kcal)

### INGREDIENTS

1 small onion  
3 baby new potatoes

2 garlic cloves

1 chicken stock cube (reduced salt)

800ml boiling water

400g tin chopped tomatoes

1 tbsp tomato puree (15g)

1 tsp ground cumin (5g)

¼ tsp cayenne pepper (1.25g)

250g cooked chicken

200g tin sweetcorn (low salt)

1 tbsp chopped fresh parsley (15g)

sea salt and freshly ground black pepper

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### METHOD

Finely chop the onion and dice the potatoes. Peel and crush the garlic with a garlic crusher or use the fine side of a grater. Heat a large saucepan over a medium heat and add the stock cube and boiling water with the tomatoes and bring to a simmer.

Tip the onion and potatoes into the simmering liquid with the garlic, tomato puree, cumin, cayenne pepper and season with a little salt, if using and plenty of freshly ground black pepper. Cook for 10-15 minutes or until the potatoes are completely tender.

Meanwhile, chop the chicken into dice and drain the sweetcorn into a sieve and rinse under cold running water. Stir both into the soup and allow to warm through. Ladle the soup into bowls and scatter over the parsley to serve.

### GET AHEAD

This soup will keep in an airtight container in the fridge for up to 3 days or frozen for up to 1 month. Bring individual portions of 600ml in a flask or an airtight containers and reheat in the microwave or on a low heat with a saucepan to serve. Bring a spoon if transporting.



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# LUNCH

## WHOLEMEAL CHICKEN WRAP

Serves 1 (contains approx 410 kcal)

### INGREDIENTS

1 wholemeal wrap  
1 tsp mayonnaise (5g)  
50g baby spinach leaves  
½ celery stick  
50g cherry tomatoes  
100g cooked chicken

sea salt and freshly ground black pepper

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### METHOD

Heat a frying pan over a medium heat and heat the wrap for 30 seconds, turning once or you can do this in the microwave. If not serving immediately leave it to cool.

Spread down the middle of the wrap with the mayonnaise and top with spinach leaves. Using a sharp knife, trim and thinly slice the celery, then cut the cherry tomatoes into halves and scatter both on top. Slice or dice the chicken and scatter on top, then season with a little salt, if using and plenty of freshly ground black pepper. Roll up to enclose the filling. Cut on the diagonal in half and arrange on a plate to serve.



### GET AHEAD

Once the wrap is made wrap tightly in greaseproof paper, then tin foil to pack into a suitable container for a lunchbox.

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# LUNCH

## TURKEY CLUB SANDWICH

Serves 1 (contains approx 370 kcal)

### INGREDIENTS

2 slices of wholemeal bread  
1 tsp mayonnaise (5g)  
½ tsp Dijon mustard (2.5g)  
1 ripe tomato  
100g cooked turkey slices  
50g mixed baby salad leaves

sea salt and freshly ground black pepper

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### METHOD

Spread the two slices of bread lightly with the mayonnaise followed by the mustard. Using a serrated sharp knife, cut the tomato into thin slices and arrange on top of one of the pieces of bread. Season lightly with salt, if using and add plenty of freshly ground black pepper.

Cover with the turkey and then cover with a mound of the mixed baby salad leaves on top. Put the other slice of bread on top and cut the sandwich on the diagonal.

Put on a plate to serve.



### GET AHEAD

Once the sandwich is made wrap in greaseproof paper, then tin foil to pack into a suitable container for a lunchbox.

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# LUNCH WEEKEND OPTION

## BROCCOLI CHEESE BAKED POTATO

Serves 1 (contains approx 480 kcal)

### INGREDIENTS

200g floury potato, scrubbed (such as Rooster or Maris Piper)

150g broccoli

1 tsp snipped fresh chives (5g - optional)

50g Cheddar cheese

pinch of cayenne pepper (optional)

25g mixed baby salad leaves

sea salt and freshly ground black pepper

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### METHOD

Preheat the oven to 200C / 400F / gas mark 6. Pierce the potato a couple of times with a fork to prevent it from splitting while it is cooking, then wrap in foil and place directly on the oven shelf. Bake for 1 hour until slightly softened when squeezed. Either use immediately or leave until cool enough to handle and chill in the fridge for up to 2 days is fine.

Meanwhile, separate the broccoli into florets, discarding any thick stalk and either place in a pan of boiling water or steam using a petal steamer for 3 minutes until just tender. Drain and rinse briefly under cold running water to prevent further cooking. Finely chop and set aside until needed.

To stuff the jacket potatoes, keep the oven temperature the same. Cut each potato in half, then carefully scoop out the middle of the potato, leaving the skin unbroken. Place the scooped out potato in a bowl and fold in the broccoli with the chives, if using. Season lightly with salt and the cayenne pepper, if using and plenty of freshly ground pepper.

Arrange the potato shells back on a baking sheet and carefully scoop the mixture back into the shells. Grate the cheese and sprinkle on top, then bake for 15-20 minutes until well heated through and golden. Serve on a plate with the salad leaves.

### GET AHEAD

Keep the cooked jacket potatoes covered with clingfilm in the fridge for up to 2 days and once the potatoes have been stuffed with the filling they would keep for another 2 days, again covered with clingfilm in the fridge. To transport, store in a suitable microwaveable container and cook on high for 3 minutes until piping hot. Bring the salad leaves in a separate airtight container and bring a knife and fork to eat with.



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# LUNCH

## AOIFE'S CHICKEN COBB SALAD

Serves 1 (contains approx 540 kcal)

### INGREDIENTS

1 egg  
1 back bacon rasher  
1 little Gem lettuce  
10 mixed cherry tomatoes  
¼ red onion  
¼ ripe avocado (50g)

100g cooked chicken  
25g cheese  
(Aoife recommends blue but feta or goat's would also work well)  
1 tbsp ranch dressing  
(shop-bought or use Aoife's recipe)

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### METHOD

Bring a small saucepan of water to the boil, then gently lower in the egg and cook for 6 minutes to soft-boil, give it another 6 minutes if you prefer your egg more hard-boiled. Drain and rinse under cold running water to cool, then peel off the skin. Cut the egg in half and set aside until needed.

Preheat the grill to medium and cook the rasher for a minute or two on each side until crisp and golden. Drain on kitchen paper, then snip into small pieces with a scissors, discarding any fat.

Remove the outer leaves from the little Gem lettuce and discard, then shred the remaining leaves and place in a bowl. Cut the cherry tomatoes in half and scatter on top.

Thinly slice the red onion and cut the avocado into dice, discarding the skin. Scatter both over the salad with the snipped bacon.

Slice or dice the chicken and arrange on the salad with the hard-boiled egg halves. Season lightly with salt, if using and add plenty of freshly ground black pepper. Crumble the cheese on top and drizzle over the ranch dressing to serve.

### GET AHEAD

Make the salad and make in a suitable airtight container, then tuck a small pot of the dressing alongside if transporting and remember to bring a fork.



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## BUILD YOUR OWN SALAD BOWL

Serves 1 (contains approx 330 kcal)

### INGREDIENTS

50g crisp lettuce  
(such as little Gem or Romaine)

50g soft lettuce  
(such as butterhead or watercress)

175g vegetables (such as tomatoes,  
cucumber, carrot, button mushrooms,  
radishes or fennel – or use a mixture)

100g cooked turkey or chicken or tuna  
or prawns or 2 tbsp hummus

1 tbsp vinaigrette salad dressing  
(15g - see recipe)

Sea salt and freshly ground black  
pepper

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### METHOD

Wash and dry the two types of lettuce leaves and put into a salad bowl and season lightly with salt, if using and plenty of freshly ground black pepper. Trim and thinly slice vegetables into bite-sized chunks, then add to the salad with the turkey or chicken or tuna or prawns or hummus. Drizzle over the vinaigrette salad dressing and toss lightly to coat before serving.

### GET AHEAD

Layer up the salad in a suitable airtight container or screw-topped jar and finish with your chosen protein (turkey, chicken, tuna, prawns or hummus), then have the salad dressing in a small pot to add just before serving. Bring along a fork to eat.

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# LUNCH ACCOMPANIMENT

## VINAIGRETTE SALAD DRESSING

Serves 8 (contains approx 65 kcal per 1tbsp 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 a week with the garlic and chives in it so if you want to keep it for any longer just leave them out.

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# LUNCH ACCOMPANIMENT

## RANCH DRESSING

Serves 9 (contains approx 30 kcal per 1tbsp serving)

### INGREDIENTS

2 garlic cloves  
5 tbsp buttermilk (75ml)  
2 tbsp mayonnaise (30ml)  
1 tbsp apple cider vinegar (5g)  
2 tbsp snipped fresh chives (10g)  
1 tbsp chopped fresh dill (15g)

sea salt and freshly ground black pepper

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### METHOD

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

Put all the ingredients into a screw-topped jar (an old washed out jam jar is perfect) and season lightly with salt, if using and add plenty of freshly ground black pepper – a ¼ teaspoon is about right. 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 a week with the garlic in it so if you want to keep it for up to 2 weeks then just leave it out.

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# LUNCH

## TOMATO & AVOCADO SALAD

Serves 1 (contains approx 250 kcal)

### INGREDIENTS

100g lettuce (butterhead, Romaine, iceberg) or spinach leaves  
60g cherry tomatoes  
40g black olives  
¼ ripe avocado (50g)  
10g fresh basil or mint sprigs

1 tbsp Aoife's vinaigrette salad dressing (15g see recipe)  
sea salt and freshly ground black pepper

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### METHOD

Trim down the lettuce if necessary and whichever one you decide to use tear it into a bowl. Cut the cherry tomatoes into quarters and scatter on top.

Cut the olives in half, removing and discarding any stones and sprinkle them over the salad. Cut the avocado into slices, discarding the skin and scatter on top. Strip the basil or mint leaves from the stems and discard the stems, then roughly tearing them over the salad.

Drizzle the dressing over the salad and season lightly with salt, if using and plenty of freshly ground black pepper. Toss lightly to coat everything evenly and serve at once.

### GET AHEAD

Put into a suitable airtight container and tuck the salad dressing alongside – if you plan to keep it for any length of time bring the avocado whole with a knife and prepare it just before serving. Bring a fork to eat with if transporting.



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## TOMATO "PIZZA" STACK

Serves 1 (contains approx 400 kcal)

### INGREDIENTS

2 ripe tomatoes

125g ball mozzarella

pinch of dried oregano or good pinch

fresh oregano leaves, torn

handful of rocket leaves

¼ tsp balsamic vinegar (1.25g)

½ tsp olive oil (2.5g - extra-virgin for a stronger flavour)

sea salt and freshly ground black pepper

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### METHOD

Using a small sharp serrated knife, cut the tomatoes into slices, discarding the ends and then season lightly with salt, if using and plenty of black pepper. Sprinkle over the oregano. Cut the mozzarella into similar sized slices as the tomatoes.



Arrange a slice of the seasoned tomato on a plate and place a slice of mozzarella on top. Continue layering in this way until all of the ingredients have been used up. Scatter the rocket around the edges of the plate and drizzle over the balsamic vinegar and olive oil. Serve at once.

### GET AHEAD

Pack a sharp serrated knife with the tomatoes and packet of mozzarella in an airtight container with sachets of salt and pepper and a little oregano if using. Bring a knife and fork to eat if transporting.

### WEEKEND LUNCH

If you are looking for something a little more special for lunch at the weekend this might be just the recipe! It can also be easily scaled up if you are serving more than one.

## BAKED TOMATOES WITH GOAT'S CHEESE

Serves 1 (contains approx 440 kcal)

### INGREDIENTS

2 ripe beefsteak tomatoes  
(each about 250g)  
50g goat's cheese  
2 tsp olive oil (10g)  
2 tsp fresh white breadcrumbs  
½ tsp fresh thyme leaves (2.5g)

1 tbsp chopped fresh flat-leaf parsley  
(15g)  
½ lemon (only using the rind of ½)  
15g rocket or baby salad leaves  
sea salt and freshly ground black  
pepper

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### METHOD

Preheat the oven to 220C / 450F / gas mark 7. Using a small serrated knife, slice the top off each tomato and using a teaspoon scoop out the seeds so that you are left with 2 tomato shells, discard everything else.

Place the tomato shells in a small ovenproof dish that they fit into snugly. Drizzle over one teaspoon of the olive oil and crumble in half the goat's cheese into each one. Using the fine side of a box grater, finely grate the rind off the lemon and set aside until needed.

Mix the breadcrumbs with the thyme, parsley and lemon rind in a small bowl and season lightly with salt, if using and add plenty of freshly ground black pepper. Use this mixture to fill the rest of the tomatoes and drizzle over the remaining teaspoon of olive oil. Bake for 15 minutes until the breadcrumbs are golden brown but the tomatoes are still holding their shape. Arrange on a plate with some rocket or baby salad leaves to serve.

### GET AHEAD

This could be prepared in advance ready to be baked in the oven and would keep up to 2 days covered with clingfilm in the fridge but would take an extra 5 minutes or so in the oven if coming from fridge cold. Alternatively bring the cooked baked tomatoes with goat's cheese in a suitable airtight container with a knife and fork as a different lunchbox idea.



# LUNCH

## CAPRESE PASTA SALAD

Serves 1 (contains approx 370 kcal)

### INGREDIENTS

30g wholewheat penne pasta  
40g natural yoghurt (3% fat)  
2 tsp pesto (10g – readymade from a jar or carton)  
1 tsp lemon juice (5g)  
1 tbsp olive oil (15g - extra-virgin olive oil for a stronger flavour)

100g cherry tomatoes  
20g mini mozzarella balls (about 2)  
small handful fresh basil leaves  
handful fresh rocket leaves  
sea salt and freshly ground black pepper

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### METHOD

Bring a large pan of water to the boil with a pinch of salt, if using and tip in the pasta. Give it a stir with a wooden spoon and then simmer for 10-12 minutes or according to instructions on the packet until just tender but still with a little bite.

Meanwhile, put the yoghurt in a bowl and stir in the pesto and lemon juice. Season lightly with salt, if using and add plenty of freshly ground black pepper. Cut the cherry tomatoes in half and cut the mozzarella balls into quarters.

Drain the pasta and put into a bowl. Stir in the olive oil and allow to cool – this will help stop the pasta soaking up all of the yoghurt dressing.

Once the pasta has cooled fold in the pesto yoghurt. Scatter over the halved cherry tomatoes and mozzarella, then roughly tear the basil leaves on top and scatter over the rocket leaves to serve.



### GET AHEAD

This salad would keep very well stored in an airtight container in the fridge – just add the basil at the last minute as it will go black if kept in the fridge or leave out altogether. Bring along a knife and fork to eat with.

# LUNCH

## TUNA PITTA MELT

Serves 1 (contains approx 400 kcal)

### INGREDIENTS

1 round wholemeal pitta bread  
80g tin of tuna in spring water  
1 tbsp mayonnaise  
1 scallion  
1 ripe tomato  
25g Cheddar cheese

Sea salt and freshly ground black pepper

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### METHOD

Toast the pitta bread in the toaster for 1 minute until puffed up, then leave until cool enough to handle and split one side open using a sharp knife or scissors.

Meanwhile, open the can of tuna and drain off the liquid and discard. Put the tuna in a bowl and mix in the mayonnaise. Season lightly with salt, if using and plenty of freshly ground black pepper.

Trim and thinly slice the scallion. Cut the tomato into slices and arrange in the split open pitta then fill with the tuna mixture and the scallion. Using a box grater, grate the cheese and then sprinkle on top.

Heat a frying pan over a medium heat and add the filled pitta bread to it. Cook for 1 minute on each side until the cheese has melted. Cut in half and arrange on a plate to serve.



### GET AHEAD

Once the pitta bread is made wrap in greaseproof paper and then tin foil and pack in a suitable container for a lunchbox. If you want to make it into a melt unwrap the tin foil and cook in the microwave on high for 1 minute or use a sandwich maker if you have access to one.

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## TWICE BAKED JACKET POTATO

Serves 1 (contains approx 390 kcal)

### INGREDIENTS

200g floury potato, scrubbed (such as Rooster or Maris Piper)  
1 tsp rapeseed oil (5g)  
30g Cheddar cheese  
1 tbsp sour cream (15g)  
1 tsp snipped fresh chives (5g - optional)

25g watercress or mixed baby salad leaves  
Sea salt and freshly ground black pepper

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### METHOD

Preheat the oven to 200C / 400F / gas mark 6. Pierce the potato a couple of times with a fork to prevent it from splitting while it is cooking and rub all over with the oil to help the skin crisp up, then wrap in foil. Place the potato directly on the oven shelf. Bake for 1 hour until slightly softened when squeezed. Either use immediately or leave until cool enough to handle and chill in the fridge for up to 2 days is fine.



To stuff the jacket potatoes, keep the oven temperature the same. Cut each potato in half, carefully scoop out the middle of the potato, leaving the skin unbroken. Place the scooped out potato in a bowl and grate in the cheese. Then add the sour cream and chives, if using. Season lightly with salt, if using and plenty of freshly ground pepper.

Arrange the potato shells back on a baking sheet and carefully scoop the mixture back into the shells. Sprinkle over the cheese and bake for 15-20 minutes until well heated through and golden. Serve on a plate with the watercress and baby mixed salad leaves.

### GET AHEAD

Keep the cooked jacket potatoes covered with clingfilm in the fridge for up to 2 days and once the potatoes have been stuffed with the filling they would keep for another 2 days, again covered with clingfilm in the fridge. To transport, store in a suitable microwaveable container and cook on high for 3 minutes until piping hot. Bring along a knife and fork to eat.