

MANGO CHICKEN

Serves 2 (each serving contains approx 490 kcal)

INGREDIENTS

2 skinless and boneless chicken fillets
4 teaspoons mango chutney
(from a jar – 40g)
80g natural yoghurt (3% fat)
2 tablespoons wholegrain mustard (30g)
350g baby new potatoes
1/2 butternut squash
(you need 240g cubes)

1 small head broccoli
(you need 240g florets)
salt (optional)
freshly ground black 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. Mix together the mango chutney in a separate bowl with the yoghurt and wholegrain mustard and season lightly with salt (optional) and pepper to taste. Then spoon a third over the chicken, turning to coat the fillets evenly. Set aside to marinade for 10 minutes, if time allows. Cover the chicken tightly with tin foil and place in the oven for 20 minutes or until piping hot with no pink meat and the juices run clear. Set the remainder of the mango yoghurt aside to use as a dip. Always wash your hands and equipment in warm soapy water after handling raw chicken.



Meanwhile, place the potatoes in a pan of boiling water and cook over a medium heat for 15-20 minutes or until tender (or use a steamer if you have one available).

Peel the butternut squash and remove the seeds, then cut into 2.5cm cubes – you need 240g in total. Break or cut off the broccoli florets and then cut into even-sized small florets so that they will cook evenly – you will need 240g in total. Steam the butternut squash for 10 minutes, then tip the broccoli on top and steam for another 5 minutes until all the vegetables are tender.

Arrange the mango chicken on plates with the steamed butternut squash and broccoli with the baby potatoes. Put small dipping bowls of the mango yoghurt alongside to serve.

GET AHEAD

If time allows marinate the chicken fillets in the mango yoghurt in a non-metallic dish covered with cling film for up to 3 days on the bottom shelf of the fridge, which will tenderise the meat. Prepare the butternut squash and broccoli and keep in a suitable container ready to cook in the fridge for up to 3 days to save time before cooking. Leftover portions of this recipe can be put in the fridge within 2 hours of cooking and can be stored in an airtight container for up to 3 days. Only reheat once in the microwave when ready to eat or serve cold. If transporting bring cutlery with you.

TUNA PASTA WITH SWEETCORN & PEPPERS

Serves 2 (each serving contains approx 510 kcal)

INGREDIENTS

80g wholewheat penne pasta
25g butter
25g plain flour
200ml low fat milk (1.5% fat)
2 teaspoons Dijon mustard
or tomato puree (10g)
1 green pepper

130g tin tuna in spring water
200g tin sweetcorn
(salt free – 165g drained)
1 tablespoon snipped fresh chives
(optional)
salt (optional)
freshly ground black pepper



METHOD

Cook the penne in a saucepan of boiling water with a pinch of salt (optional) for 10-12 minutes or according to packet instructions.

Meanwhile, melt the butter in a small saucepan over a medium to low heat. Stir in the flour and cook for 1 minute, stirring quickly with a wooden spoon to make a smooth glossy paste (which is called a roux). Remove from the heat and gradually pour in the milk, whisking until smooth after each addition. Season lightly with salt (optional) and plenty of freshly ground black pepper. Bring to the boil, then stir in the mustard or tomato puree until evenly combined. Reduce the heat and simmer gently for 5 minutes, stirring occasionally, until smooth and thickened.



Cut the green pepper in half and remove the core and seeds, then dice. Drain the tuna and sweetcorn and fold into the sauce with the diced green pepper. Drain the pasta into the sink in a colander, then return to the pan and fold in the tuna and sauce with the chives (optional). Divide evenly between two pasta bowls to serve.

GET AHEAD

The tuna and sauce could be made up to 3 days in advance and stored in an airtight container in the fridge within 2 hours of cooking.

Alternatively, you could cook the pasta for a little less time so it still has some bite and put into a suitable ovenproof dish with the tuna and sauce. Bake for about 30 minutes from fridge cold at 180C / 350F / gas mark 4 and cover with tin foil if you think that the top is browning too quickly. It could also be frozen for up to 1 month and defrosted thoroughly on the bottom shelf of the fridge before baking as could the sauce on its own.

Serves 2 (each serving contains approx 550 kcal)

INGREDIENTS

½ small red onion

2 red peppers

1 garlic clove

10 cherry tomatoes

60g Cheddar cheese

200g tin kidney beans (or use ½ 400g tin

– you need 120g)

1 tablespoon rapeseed oil (15g)

1 ½ teaspoons ground cumin

2 wholemeal wraps

10g baby spinach leaves

2 tablespoons shop-bought salsa

1 teaspoon natural yoghurt (3% fat – 5g)

salt (optional)

freshly ground black pepper



METHOD

Preheat the oven to 200C / 400F / gas mark 6. Peel and thinly slice the red onion. Cut the peppers in half, then remove the seeds and core and thinly slice the flesh. Peel and crush the garlic. Dice the cherry tomatoes and grate the cheese. Drain the kidney beans into a sieve in the sink and rinse under cold running water. Drain well.

Heat a frying pan over a medium to medium to high heat. Add the oil and swirl up the sides. Tip in the onion and peppers and sauté for about 5 minutes until tender and just beginning to pick up a bit of colour.

Stir the garlic and cumin into the onion and pepper mixture and cook for another minute, stirring.

Place the wraps on a baking sheet and divide the vegetable mixture between them. Spoon over the kidney beans and cherry tomatoes. Season lightly with a little salt (optional) and pepper, then sprinkle the cheese on top. Place in the oven for 5 minutes until the cheese is beginning to melt and the bottom of the wraps are crisped up.

Transfer the quesadillas to plates and top each one with a small pile of spinach leaves and tablespoon of the salsa with half a teaspoon of yoghurt.

Season with pepper to serve.

GET AHEAD

Make up the onion and pepper mix up to 3 days in advance and store in a suitable container in the fridge so you have everything ready to assemble ready to go.

PORK CHOPS CACCIATORE

Serves 2 (each serving contains approx 545 kcal)

INGREDIENTS

2 pork loin chops (well trimmed)
1 small onion
1 green pepper
200g mushrooms (chestnut or ordinary)
2 celery sticks
1 garlic clove
handful of fresh basil leaves or 1
teaspoon dried basil

400g tin chopped tomatoes
1 teaspoon cornflour (5g)
1 teaspoon water
80g wholewheat spaghetti
salt (optional)
freshly ground black pepper



METHOD

Preheat the oven to 160C / 325F / gas mark 3. Put the pork loin chops in a small casserole dish with a lid (or if you don't have one use a small roasting tin lined with parchment paper and tin foil for the lid).

Cut the onion in half and peel off the skin, then cut into slices, discarding the root. Cut the pepper in half and remove and discard the core and seeds, then cut into bite-sized pieces. Trim the mushrooms and cut into slices. Trim the celery sticks and cut into slices. Peel and grate the garlic on the fine side of a box grater.

Scatter the onion, pepper, mushrooms and celery over the pork chops. Stir the garlic and basil into the chopped tomatoes and season lightly with salt (optional) and plenty of freshly ground black pepper. Pour over the pork and vegetables so that they are covered completely. Put on the lid and cook for 1 hour until the pork is piping hot with no pink meat and the juices run clear.

Mix the cornflour with the water to a smooth paste. Remove the casserole dish from the oven then stir the paste into the sauce. Put the casserole dish on the hob for 1-2 minutes to thicken.

Meanwhile, cook the spaghetti in a pan of boiling water with a pinch of salt (optional) for 10-12 minutes or according to packet instructions. Drain in a colander into the sink. Divide the spaghetti between two wide rimmed bowls and using a tongs put a pork chop on top, then spoon over the vegetables and sauce. Garnish with the fresh basil leaves to serve.

GET AHEAD

Once made this recipe can be put in the fridge within 2 hours of cooking and can be stored in an airtight container for up to 3 days. Only reheat once in the microwave or in a saucepan or casserole with a lid over a gentle heat when ready to eat. It can also be made very successfully in a slow cooker – simply follow the instructions above but put the cornflour and water mixture in at the beginning and cook on low for 4 hours.



VEGGIE SATAY NOODLES

Serves 2 (each serving contains approx 530 kcal)

INGREDIENTS

100g dried wholewheat noodles
1 red pepper
1 yellow pepper
1 green pepper
3 scallions
handful natural skinned peanuts (10g)
1 tablespoon rapeseed oil (15g)
1 teaspoon natural peanut butter (5g)

(preferably crunchy with no added sugar & salt – check the label the sugar should be no more than 5g per 100g)
160g tin coconut milk
2 tablespoons reduced sodium soy sauce (30g)



METHOD

Bring a saucepan of water to the boil over a medium heat. Add the noodles and cook for 4-5 minutes until almost tender or according to instructions on the packet. Drain and quickly refresh under cold running water to prevent further cooking.

Cut each pepper in half and remove and discard the seeds and cores, then thinly slice. Trim and thinly slice the scallions.

Heat a wok or large frying pan over a medium to high heat. Dry roast the peanuts, tossing regularly until evenly coloured. Tip on to the chopping board and once they have cooled down, roughly chop. Set aside.

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. Tip in the scallions and stir-fry for another minute.

Add the peanut butter, coconut milk and soy sauce to the wok and mix everything together. Bubble over a high heat until you have a nice thick sauce. Add the noodles and mix again until evenly combined and heated through. Divide into bowls and scatter the peanuts on top to serve.



GET AHEAD

Chop the peppers and keep in a suitable container in the fridge for up to 3 days. Leftover portions of this recipe can be put in the fridge within 2 hours of cooking and can be stored in an airtight container for up to 3 days. Only reheat once in the microwave when ready to eat or serve cold. If transporting bring cutlery with you.

CHICKEN FAJITAS

Serves 2 (each serving contains approx 545 kcal)

INGREDIENTS

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| 2 skinless and boneless chicken fillets | 1 red pepper |
| 1 garlic clove | 1 yellow pepper |
| 1 lime | 1 tablespoon rapeseed oil (15g) |
| ½ teaspoon Chinese five-spice powder | 2 wholemeal wraps |
| ½ teaspoon dried chilli flakes | 2 tablespoons natural yoghurt (30g) |
| ½ teaspoon ground cumin | 5g fresh coriander leaves |
| 1 teaspoon paprika (sweet or smoked) | salt and freshly ground black pepper |
| 1 small red onion | side salad, to serve (see recipe link) |



METHOD

Using a small sharp knife, cut the chicken into strips and put in a bowl. Always wash your hands and equipment in warm soapy water after handling raw chicken.

Peel the garlic and crush. Cut the lime in half and squeeze onto the chicken with the garlic and spices. Season to taste with salt and pepper.

Cut the onion in half and peel off the skin, then cut into slices. Cut the peppers in half and remove and discard the seeds and cores, then cut into slices.

Heat a frying pan or a wok over a medium heat. Add the oil and swirl up the sides, then tip in the onion and peppers and stir-fry for 3-4 minutes until just tender but still with a little bite. Add the marinated chicken to the pan and stir-fry for 4-5 minutes or until the chicken is piping hot with no pink meat and the juices run clear. Tip on to a plate.

Wipe out the frying pan and return to a medium heat. Heat each wrap for about 10 seconds on each side. Arrange on plates and divide the chicken and vegetable mixture between them. Add the yoghurt and coriander leaves before rolling up and cutting in half. Arrange on plates with a side salad to serve.



GET AHEAD

If time allows marinate the chicken fillets in a non-metallic dish covered with cling film for up to 3 days on the bottom shelf of the fridge, which will tenderise the meat. Prepare the vegetables and keep in a suitable container ready to cook in the fridge for up to 3 days to save time before cooking. Leftover portions of this recipe can be put in the fridge within 2 hours of cooking and can be stored in an airtight container for up to 3 days. Only reheat once in the microwave when ready to eat or serve cold in a lunchbox.

WEEK 1

DINNER ACCOMPANIMENTS

SIDE SALAD

Serves 2 (each serving contains approx 65 kcal)

INGREDIENTS

- 80g baby spinach leaves
- 1 ripe tomato
- ¼ cucumber
- 1 tablespoon vinaigrette salad dressing (shop-bought or see recipe link)

MACE

60

CELEBRATING 60 YEARS OF SERVICE WITH A SMILE



METHOD

Put the spinach leaves in a bowl. Dice the tomato and cucumber and scatter on top. Dress with the vinaigrette, tossing to coat and arrange on plates to serve.



GET AHEAD

The salad can be kept in an airtight container for up to 1 day in the fridge with the vinaigrette in a separate small container. Dress just before serving and bring a fork if transporting.

WEEK 1

DINNER ACCOMPANIMENTS

VINAIGRETTE SALAD DRESSING

Makes 8 servings (each serving contains approx 65 kcal per tablespoon)

INGREDIENTS

1 small garlic clove

2 tablespoons balsamic vinegar (30g)

50ml rapeseed oil (cold-pressed for a stronger flavour)

1 tablespoon wholegrain mustard (15g)

1 teaspoon honey (5g)

1 teaspoon snipped fresh chives (5g)

salt (optional) and freshly ground black pepper

MACE

CELEBRATING 60 YEARS OF SERVICE WITH A SMILE

60

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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, oil, mustard, honey and chives to the jar and season lightly with salt (optional) 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 and use as required.



GET AHEAD

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

SPICY BEEF & PEPPER STIR-FRY

Serves 2 (each serving contains approx 470 kcal)

INGREDIENTS

200g lean sirloin steak
1 small knob fresh root ginger (you need 5g freshly grated)
1 garlic clove
200g baby new potatoes
2 red peppers
1 small onion
1 scallion

1 tablespoon rapeseed oil (15g)
160g tin coconut milk
1 1/2 teaspoons Sriracha chilli sauce (optional - 7.5g)
40g baby spinach leaves
salt (optional)
freshly ground black pepper



METHOD

Cut the steak into thin strips and put in a shallow non-metallic dish. Peel the ginger and finely grate – you need 5g in total. Peel and grate the garlic and add both to the steak, mixing to combine. Season lightly with salt (optional) and pepper to taste.

Steam the potatoes for 15-20 minutes until tender.

Cut the peppers in half and remove the seeds and cores, then thinly slice. Peel the onion, then cut in half and thinly slice. Trim and thinly slice the scallion.

Heat a work or large frying pan over a medium-high heat. Add one teaspoon of the oil and swirl up the sides. Add the beef and stir-fry for 1-2 minutes until sealed and no longer pink. Tip on to a plate.

Add the remaining oil to the wok and stir-fry the peppers and onion for 2-3 minutes until they are just beginning to pick up colour but are still crisp.

Stir in the coconut milk with the Sriracha chilli sauce (optional) and bring to a simmer. Return the beef to the wok with the spinach and cook until the spinach has wilted and the beef is piping hot. Divide among plates with the baby new potatoes and scatter over the scallions to serve.

GET AHEAD

If time allows marinate the steak in a non-metallic dish covered with cling film for up to 3 days on the bottom shelf of the fridge, which will tenderise the meat. Prepare the vegetables and keep in a suitable container ready to cook in the fridge for up to 3 days to save time before cooking. Leftover portions of this recipe can be put in the fridge within 2 hours of cooking and can be stored in an airtight container for up to 3 days. Only reheat once in the microwave or in a saucepan over a gentle heat when ready to eat.

