

## TOFU & BUTTERNUT SQUASH CURRY

Serves 2 (each serving contains approx 500 kcal)

### INGREDIENTS

80g wholegrain brown rice  
1 onion  
1 red chilli (optional)  
2 garlic cloves  
1 butternut squash  
200g green beans  
150g firm tofu  
2 teaspoons rapeseed oil (10g)

1 tablespoon Thai red curry paste (from a jar – 15g)  
160g tin coconut milk  
200ml vegetable stock (made from ½ a reduced salt cube)  
1 tablespoon reduced sodium soy sauce (15g)  
1 lime  
freshly ground black pepper



### 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.

Cut the onion in half and peel, then cut into slices. Cut the chilli in half (if using) and remove the seeds with a teaspoon, then finely chop. Peel the garlic and crush to a paste. Peel the butternut squash and cut it in half, then scoop out all of the seeds with a spoon and discard. Chop the remaining flesh into small chunks. Trim the green beans before cutting them in half. Dry the tofu out well with kitchen paper and then cut into small chunks.

Heat a wok or 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 (optional) with the garlic and cook for another minute, stirring.

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

Stir the green beans and tofu into the butternut squash mixture and cover with a lid. Reduce the heat and simmer gently for 6–8 minutes or until all the vegetables are completely tender and the tofu is piping hot. Cut the lime in half and squeeze in the juice and then season with plenty of freshly ground black pepper.

Fluff up the rice with a fork and divide between bowls then ladle over the tofu and butternut squash curry to serve.

### GET AHEAD

This can be made in advance and put into 2 separate airtight containers in the fridge within 2 hours of cooking for up to 3 days. Only reheat once in the microwave or separately in saucepans over a gentle heat when ready to eat.

## BUTTERNUT MAC 'N' CHEESE

Serves 2 (each serving contains approx 440 kcal)

### INGREDIENTS

1 butternut squash	100g macaroni pasta
1 small onion	50g sugar snap peas
1 tablespoon softened butter (15g)	salt (optional)
20g plain flour	freshly ground black pepper
270ml low fat milk (1.5% fat)	
1 teaspoon English mustard (5g)	
40g cheddar cheese	

### METHOD

Peel the butternut squash and then cut in half and remove the seeds. Dice the flesh and steam for 10-12 minutes or until tender when pierced with the tip of a sharp knife. Tip into a bowl and blend to a puree with a hand blender (or if you don't have one, mash to a rough puree with a fork or a potato masher).

Cut the onion in half, then peel and very finely chop. Melt the butter in a small saucepan over a medium to low heat. Sauté the onion for 2-3 minutes until softened but not coloured.

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 reduce the heat and simmer gently for 5 minutes, stirring occasionally, until smooth and thickened. Add the mustard, then grate in the cheese and remove from the heat, then stirring until melted.

Preheat the oven to 180C / 350F / gas mark 4. Bring the macaroni to the boil in a large saucepan of boiling water with a pinch of salt (optional) then reduce the heat and cook for 7-8 minutes or according to packet instructions. Drain in a colander in the sink and return to the pan. Fold in the cheese sauce with the butternut puree until evenly combined.

Transfer to two 300ml individual ovenproof dishes (or just use one large one). Bake in the oven for 20-25 minutes until bubbling and lightly golden.

When the mac 'n' cheese is almost ready, place the sugar snap peas in a steamer for 1-2 minutes until just tender. Arrange the butternut mac 'n' cheese on plates and season with pepper. Put the sugar snap peas alongside to serve.

### GET AHEAD

This can be made in advance and kept covered in the fridge within 2 hours of cooking for up to 3 days until needed. It could also be easily doubled up so that you have portions for another day. Simply give it an extra 10 minutes in the oven if cooking it from fridge cold and cover with tin foil if you think that it is browning too quickly.



## VEGGIE QUESADILLA

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.

## VEGETABLE KORMA

Serves 2 (each serving contains approx 500 kcal)

### INGREDIENTS

80g wholegrain brown rice	200g tin chopped tomatoes (or use ½ a regular tin)
1 small onion	½ teaspoon tomato puree (2.5g)
1 garlic clove	5 tablespoons water (75ml)
750g mixed vegetables (carrot, broccoli and cauliflower)	75g natural yoghurt (3% fat)
1 tablespoon rapeseed oil (15g)	2 tablespoons ground almonds (30g)
1 ½ teaspoons curry powder or paste (7.5g)	5g fresh coriander sprigs salt (optional) freshly ground black pepper

### METHOD

Rinse the rice well in a sieve and then add to the pan 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 cook to packet instructions).

Peel the onion, then cut in half and finely chop. Peel and crush the garlic. Prepare the vegetables – peel the carrots and cut into thin slices and break the broccoli and cauliflower into small florets – you'll need 600g once trimmed.

Heat a frying pan over a medium heat. Add the oil and sauté the onion and garlic for 6–8 minutes until golden brown.

Stir in the curry powder or paste and cook for another minute, stirring. Add the tomatoes and tomato puree with the water. Stir to combine, then reduce the heat and simmer for about 15 minutes until the sauce is so well reduced that it is almost sticking to the bottom of the pan and the oil has separated out on the surface, stirring occasionally. Season lightly with salt (optional) and pepper.

Add the mixed vegetables to the pan and slowly bring to the boil, then reduce the heat and simmer gently for about 15 minutes or until all the vegetables are cooked through and tender. Remove from the heat and stir in the yoghurt and almonds.

Spoon the vegetable korma into bowls with the rice and scatter over the coriander to serve.

### GET AHEAD

This curry can be made in advance and put in an airtight container in the fridge within 2 hours of cooking for up to 3 days as can the rice but keep in a separate airtight container. Only reheat once in the microwave or in a saucepan over a gentle heat when ready to eat.

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# WEEK 1

## MONDAY 13TH JAN

### 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)



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#### 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.

# WEEK 1

TUESDAY 14TH JAN

## HOISIN NOODLES WITH TOFU

Serves 2 (each serving contains approx 400 kcal)

### INGREDIENTS

100g dried wholewheat noodles  
150g firm tofu  
1 courgette (250g)  
1 red onion  
1 tablespoon rapeseed oil (15g)  
250g fresh beansprouts

4 tablespoons hoisin sauce (from a bottle or jar – 60g)  
2 scallions

# MACE

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60

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### 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.

Drain and dry the tofu out well with kitchen paper and then cut into cubes and put in a bowl. Cut the courgette into batons (short thin slices), then trim the scallions and finely shred. Cut the onion in half and peel off the skin, then finely chop.

Heat a wok or large frying pan over a medium heat. Meanwhile, add the oil, swirling to coat it up the sides. Add the onion and cook for 2-3 minutes until softened, stirring occasionally with a wooden spoon. Add the tofu and stir-fry for another 2-3 minutes until sealed and crisp. Tip the beansprouts and courgette batons into the tofu mixture and continue to cook for another minute, stirring constantly.

Tip the cooked noodles into the tofu and vegetable mixture then add the hoisin sauce and stir-fry for 1-2 minutes or until everything is cooked through and piping hot.

Divide the hoisin noodles with tofu between bowls and scatter over the scallions to serve.

### GET AHEAD

Prep the vegetables up to 3 days in advance and store in a suitable container so that everything is ready to be cooked. The tofu will have to be done at the last minute as it can develop a sour flavour if prepared too early. Leftover portions of this recipe can be stored in an airtight container and reheated once in the microwave when ready to eat or serve cold – just bring a fork with you if transporting.

# WEEK 1

WEDNESDAY 15TH JAN

## GOAT'S CHEESE & BEETROOT FIVE-MINUTE SALAD

Serves 2 (each serving contains approx 460 kcal)

### INGREDIENTS

250g cooked wholegrain rice (either leftover or use ready-made from a pouch)  
1 red pepper  
 $\frac{1}{2}$  cucumber  
15 cherry tomatoes  
120g baby mixed leaves (such as watercress, rocket & spinach)

100g whole cooked beetroot (from vac-pack or baby fine to use too)  
100g goat's cheese  
2 teaspoons ranch dressing (see recipe link – 10g)  
salt (optional)  
freshly ground black pepper

**MACE**

CELEBRATING 60 YEARS OF SERVICE WITH A SMILE

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### METHOD

If using rice from a pouch cook it in the microwave according to packet instructions and then spread it out on to a tray to ensure it cools quickly. If you are using leftover rice do not reheat, just run your fingers through it to separate out the grains.

Cut the pepper in half, remove and discard the core and seeds, then dice. Cut the cucumber in half again down the length and cut into half-moon shaped slices. Cut the cherry tomatoes in half and cut the beetroot into small chunks if large or into quarters if baby.

Fold the salad leaves into the cooled rice with the cucumber, red pepper and cherry tomatoes. Season with a little salt (optional) and pepper to taste and fold in to combine. Divide between bowls, then scatter the beetroot on top and crumble over the goat's cheese. Drizzle with the ranch dressing to serve.



### GET AHEAD

This salad could be made 1 day in advance and kept in a suitable airtight container with the dressing in a separate small pot in the fridge and would happily be transported – just remember the fork to eat it!

# WEEK 1

## DINNER ACCOMPANIMENT

### RANCH DRESSING

Makes 9 servings (each serving contains approx 30 kcal per tablespoon)

#### INGREDIENTS

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

salt (optional)

freshly ground black pepper



60

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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-lid topped jar and season lightly with salt (optional) and add plenty of freshly ground black pepper – a  $\frac{1}{4}$  teaspoon is about right. Then screw the lid back on tightly. Shake hard until the dressing has thickened and emulsified. Store in the fridge until needed.

#### GET AHEAD

This dressing will last up to 3 days in the fridge in a suitable container.