

# Week 5 THURSDAY 7TH FEB

## CHICKEN & GINGER CURRY WITH FRAGRANT RICE

Serves 2 (each serving contains approx 500 kcal)

### INGREDIENTS

1 tsp coriander seeds (5g)  
1 tsp cumin seeds (5g)  
1 tsp black mustard seeds (5g – optional)  
80g wholegrain rice  
1 large onion  
2 carrots  
½ small turnip (150g)  
2 garlic cloves

2.5cm piece fresh root ginger (or you can use 2 tbsp easy ginger from a jar)  
1 tbsp rapeseed oil (15g)  
2 boneless and skinless chicken fillets  
½ chicken stock cube (reduced salt)  
225ml boiling water  
1-2 tbsp mild or medium curry paste (15-30g – the amount you use depends on how much spice you like)  
Sea salt and freshly ground black pepper

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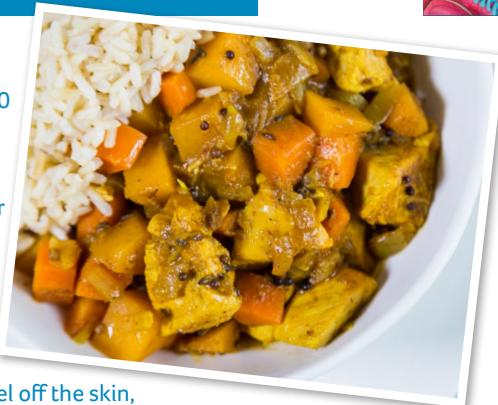
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### METHOD

Heat a small saucepan over a medium heat and toast the coriander, cumin and mustard seeds, if using for 20 seconds until they become fragrant and begin to pop. Rinse the rice well in a sieve and then add to the pan with 250ml of water and a pinch of salt. 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, 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 turnip and cut into dice. Peel and grate the garlic and ginger on the fine side of a box grater or use a garlic crusher for the garlic if you prefer.

Heat the oil in a large frying pan or a wok with a lid on a medium to high heat. Add the onion and cook for 4-5 minutes until softened and just starting to colour around the edges, stirring occasionally with a wooden spoon.

Meanwhile, cut the chicken into bite-sized pieces with the knife or a scissors. Add to the pan and continue to sauté for 2-3 minutes until sealed and lightly golden, stirring occasionally with a wooden spoon. Stir in enough curry paste to taste depending on how hot you like your curry. Add the garlic and ginger and continue to stir until everything is evenly coated.

Dissolve the chicken stock cube into the boiling water. Add the carrots and turnip with the stock to the chicken mixture and bring to a simmer. Then reduce the heat to low and cover with a lid, then cook for 15-20 minutes or until the chicken is tender and the vegetables still have a little bite, stirring occasionally. Season lightly with salt, if using and plenty of freshly ground black pepper. Ladle the fragrant rice into bowls and spoon the chicken & ginger curry on top to serve.

### GET AHEAD

This curry and rice can be made up to 3 days in advance and the flavour of the curry will only improve the longer it is kept. Simply cool down and put into separate suitable airtight containers within 2 hours of cooking. Keep in the fridge until needed, then reheat in the microwave once or in a saucepan on the hob over a gentle heat. Bring a fork if transporting.

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# Week 5 FRIDAY 8TH FEB

## SPANISH HADDOCK WITH RICE

Serves 2 (each serving contains approx 540 kcal)

### INGREDIENTS

80g wholegrain rice  
5 tsp olive oil (25g)  
1 onion  
1 red pepper  
1 yellow pepper  
1 green pepper

2 x 150g boneless haddock fillets, skinned  
(ask the fish counter to do this)  
200g salsa (readymade from a carton or jar)  
20g light cream cheese (such as Philadelphia)  
small handful flat-leaf parsley leaves (optional)  
sea salt and freshly ground black pepper

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### METHOD

Rinse the rice well in a sieve and then add to the pan 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 – you'll need 100g of cooked rice in total or if you are short of time use the microwavable sachet for convenience.

Meanwhile, heat a wok or large frying pan over a medium heat. 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. Add half the oil to the heated pan and sauté the onion for 2-3 minutes until softened but not coloured, stirring occasionally with a wooden spoon.

Cut the peppers in half and remove and discard the core and seeds, then thinly slice. Stir into the onion and continue to cook for another 8-10 minutes until the peppers are completely tender.

Heat a separate large non-stick frying pan over a medium heat. Season the haddock fillets lightly with salt, if using and add plenty of freshly ground black pepper. Add half the oil to the pan and swirl it around then add the fish fillets, presentation side down and cook for 3-4 minutes until golden brown and a nice crust has formed. Leave it alone and don't be tempted to keep turning it or this lovely caramelisation will not happen.

Using a fish slice, turn the fillets over and cook for another 3-4 minutes until cooked through and tender. To test the haddock is cooked, make a small cut with a small sharp knife to see if the flesh has turned from translucent to opaque.

Stir the salsa into the onion and pepper mixture with the cream cheese and simmer for another 1-2 minutes until slightly reduced and thickened.

Divide the rice among the plates and put a piece of the haddock on each one, then spoon over the salsa to serve and garnish with the parsley if liked.

### GET AHEAD

The pepper sauce can be made in advance and kept in an airtight container for up to 3 days in the fridge and of course haddock can be very successfully frozen for up to 1 month in suitable freezer bags.

# Week 5 SATURDAY 9TH FEB

## TUSCAN PORK STEW

Serves 2 (each serving contains approx 410 kcal)

### INGREDIENTS

200g pork tenderloin (well trimmed)	1 onion
400g tin chopped tomatoes	1 red pepper
1/4 chicken stock cube (reduced salt)	1 yellow pepper
120ml boiling water	300g baby new potatoes
1 tbsp orange marmalade (15g)	1 tbsp chopped fresh parsley (15g)
1 tsp dried mixed herbs (5g - or use one such as thyme or rosemary)	Sea salt and freshly ground black pepper

### METHOD

Preheat the oven to 160C / 325F / gas mark 3. Cut the pork loin into 2.5cm cubes and put in a 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). Dissolve the chicken stock cube in the boiling water. Add the tomatoes, stock, marmalade and herbs to the pork, stirring to combine. Season lightly with salt, if using and plenty of freshly ground black pepper.



Using a small sharp knife, cut the onion in half and peel off the skin, then roughly chop. Cut the peppers in half and remove and discard the core and seeds, then cut into 2.5cm pieces. Cut the baby potatoes into quarters. Add all the vegetables to the casserole dish, stirring to combine and cover with a lid. Place in the oven for 1 hour or until the pork and vegetables are completely tender. Divide among bowls and scatter over the parsley to serve.

### GET AHEAD

Once made this recipe it will keep in the fridge in an airtight container for up to 3 days and reheated in the microwave once or gently in a saucepan as needed. Bring a fork if transporting. It can also be made very successfully in a slow cooker – simply follow the instructions above and cook on low for 4 hours.

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# Week 5

## SUNDAY 10TH FEB

### SOUTH AMERICAN BEEF WITH ROASTED POTATO CUBES

Serves 2 (each serving contains approx 470 kcal)

#### INGREDIENTS

2 garlic cloves  
5 tbsp soy sauce (75g - reduced sodium)  
1 tbsp balsamic vinegar (15g)  
1 tsp Worcestershire sauce (5g)  
½ tsp dried oregano (2.5g)  
½ tsp dried cumin (2.5g)  
250g sirloin or fillet steak (well trimmed)  
300g floury potatoes (such as Roosters or Maris Piper)

1 tbsp olive oil (15g)  
1 small red onion  
1 red pepper  
1 green pepper  
1 red chilli or 1 tsp chilli powder  
1 vine-ripened tomato  
handful of fresh coriander leaves  
sea salt and freshly ground black pepper

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#### METHOD

First make the marinade. Peel the garlic and use a garlic crusher or grate on the fine side of a box grater and put in a shallow non-metallic dish with the soy, vinegar, Worcestershire sauce, oregano and cumin. Cut the steak into strips and stir into the marinade and mix well to combine. Cover with clingfilm and set aside at room temperature if you intend to use immediately or leave for up to 2 days in the fridge to allow the flavours to develop. Just allow it to come back up to room temperature before you cook it.

Preheat the oven to 180C / 350F / gas mark 4. Peel the potatoes and using a small sharp knife cut them into 2.5cm cubes.

Place in a pan of boiling water and add a pinch of salt. Bring to the boil, then reduce the heat and simmer for 6-8 minutes until just tender but still holding their shape. Drain into a colander in the sink and then spread on to a baking sheet lined with parchment paper. Spray over one teaspoon of the oil, tossing the potato cubes until evenly coated. Roast on the middle shelf of the oven for 25-30 minutes until cooked through and golden brown, turning them once to ensure they cook evenly.

Using a small sharp knife, cut the onion in half and peel off the skin, then cut into thin wedges. Cut the peppers in half and remove the seeds and core, then thinly slice. If using the fresh chilli cut it in half and take out the seeds with a teaspoon, then thinly sliced into long thin strips. Cut the tomato in half and then cut into thin wedges.

Heat a wok or large non-stick frying pan with deep sides on a medium to high heat. Spray the bottom and sides with one teaspoon of the oil and then add the steak, leaving behind the marinade. Stir-fry for 2-3 minutes until just sealed and lightly browned, then tip on to a plate. Spray the pan with the remaining teaspoon of oil and stir-fry the onion wedges and red pepper until lightly charred. Add some of the reserved marinade and allow to bubble down, then tip in the chilli or chilli powder with the tomato and toss until combined. Add the steak back into the pan with the rest of the marinade and toss again until warmed through. Divide among plates and scatter over the coriander and serve at once with the roasted potato cubes.



#### GET AHEAD

The steak can be marinated for up to 2 days covered with clingfilm on the bottom shelf of the fridge. Cook as described when ready to use.

# Week 5 MONDAY 11TH FEB

## GOAT'S CHEESE & BEETROOT FIVE MINUTE SALAD

Serves 2 (each serving contains approx 415 kcal)

### INGREDIENTS

250g leftover cooked wholegrain rice  
(or use readymade from a pouch)

1 red pepper

½ 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 tsp ranch dressing (10g - see recipe)

Sea salt and freshly ground black pepper

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### METHOD

Cook the rice in the microwave according to packet instructions and then spread it out onto a tray to ensure it cools quickly. If you are using leftover rice simply run your fingers through it to separate out the grains.

Using a small sharp knife, cut the pepper in half and remove and discard the core and seeds, then cut into dice. Cut the cucumber in half again and cut into half-moon shaped slices. Cut the cherry tomatoes in halves and cut the beetroot into small chunks if large and into quarters if baby.

Fold the spinach leaves into the cooled rice with the cucumber and cherry tomatoes. Season with a little salt and some freshly ground black pepper and fold in to combine. Divide among bowls, then scatter the beetroot on top and crumble over the goat's cheese. Drizzle with the dressing to serve.

### GET AHEAD

This salad could be made 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 5 TUESDAY 12TH FEB

## SPAGHETTI BOLOGNESE

Serves 2 (each serving contains approx 475 kcal)

### INGREDIENTS

200g lean steak mince	½ tsp dried parsley (2.5g)
1 onion	2 tbsp tomato puree (30g)
1 red pepper	¼ chicken stock cube (reduced salt)
150g mushrooms (chestnut or ordinary)	150ml boiling water
½ tsp dried basil (2.5g)	400g tin chopped tomatoes
½ tsp dried oregano (2.5g)	½ tsp Worcestershire sauce (2.5g)
	100g wholewheat spaghetti
	Sea salt and freshly ground black pepper

### METHOD

Heat a large non-stick frying pan over a medium heat. Tip in the mince and cook for about 5 minutes until well browned, breaking up any lumps with a wooden spoon.

Using a small sharp knife, 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. Cut the pepper in half and remove the seeds and cores. Add the vegetables to the mince, stirring to combine. Season lightly with salt and plenty of freshly ground black pepper and cook for another 3-4 minutes until the vegetables are softened.



Sprinkle the herbs over the mince and vegetable mixture and then stir in the tomato puree and cook for another minute, stirring. Dissolve the chicken stock cube in the boiling water and stir into the pan. Allow to bubble down, then add the tomatoes and Worcestershire sauce. Bring to the boil, then reduce the heat and simmer very gently for at least 30 minutes or up to 1 hour is best until the mince is meltingly tender, stirring occasionally with a wooden spoon to ensure it does not stick to the bottom of the pan.

Meanwhile, cook the spaghetti in a pan of boiling water with a pinch of salt, if using and cook for 10-12 minutes or according to packet instructions. Drain in a colander in the sink and return to the pan. Fold in the Bolognese sauce until evenly combined and then divide among bowls to serve.

### GET AHEAD

The Bolognese sauce can be made in advance and kept in an airtight container for up to 3 days in the fridge. If you want to double this recipe up it is a great back up meal to have tucked away in the freezer as it freezes very well for up to one month. Simply defrost thoroughly on the bottom shelf of the fridge and either heat in the microwave once or over a gentle heat in a saucepan. Serve with freshly cooked spaghetti. Alternatively put all the ingredients in a slow cooker and cook on low for 4 hours.

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# Week 5 WEDNESDAY 13TH FEB

## PORK & CARROT STIR-FRY

Serves 2 (each serving contains approx 545 kcal)

### INGREDIENTS

80g wholegrain rice  
2 garlic cloves  
1 red chilli (optional)  
2 pork loin chops (well trimmed)  
1 1/2 tsp ground cumin (7.5g)  
1 tbsp soy sauce (reduced sodium)  
1 onion

4 carrots

2 scallions

1 tbsp rapeseed oil (15g)

2 tsp chopped fresh coriander (10g)

Freshly ground black pepper

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### 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.

Meanwhile, peel the garlic and use a garlic crusher or grate on the fine side of a box grater. Cut the red chilli in half and remove the seeds with a teaspoon, then finely chop, if using. Cut the pork chops into strips and place in a bowl with the prepared garlic and chilli, if using with the cumin and soy sauce, stirring to combine. Set aside at room temperature to allow the flavours to develop.

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 thin slices, then cut off and discard the root intact. Peel and cut the carrots into thin slices. Trim the scallions and thinly slice on the diagonal.

Heat a wok or large frying pan over a medium heat. Add the oil to the heated wok and sauté the onion and carrots for 2-3 minutes until just beginning to pick up a bit of colour, stirring occasionally with a wooden spoon. Add the scallions and stir-fry for another minute. Tip in the marinated pork and stir-fry for 3-4 minutes until the pork is cooked through and tender and the carrots still have a little crunch left. Season with pepper.

Fluff up the rice and divide amongst bowls and spoon the pork & carrot stir-fry on top. Scatter over the coriander before serving.

### GET AHEAD

Marinate the pork and keep in a bowl covered with clingfilm for up to 3 days on the bottom shelf of the fridge. Have the vegetables prepared and stored covered in clingfilm ready to cook and the rice could be cooked up to 3 days in advance as long as it is chilled down within 2 hours of cooking and kept in the fridge in an airtight container.

# Week 5 SAUCE ACCOMPANIMENT

## RANCH DRESSING

Makes 9 Servings (contains approx 30 kcal in each 1 tbsp serving)

### INGREDIENTS

- 2 garlic cloves
- 5 tbsp buttermilk (75ml)
- 2 tbsp mayonnaise (30g - or use an olive oil mayonnaise)
- 1 tbsp apple cider vinegar (15g)
- 2 tbsp snipped fresh chives (30g)
- 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 and season lightly with salt, if using 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.

### GET AHEAD

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