

WEEK 7 THURSDAY 21ST FEB

BBQ CHICKEN WITH CORN ON THE COB & GREEN BEANS

Serves 2 (each serving contains approx 330 kcal)

INGREDIENTS

2 skinless and boneless chicken fillets

4 tbsp barbecue sauce (60g)
(from jar or see recipe)

300g baby new potatoes

200g green beans

120g packet baby corn on the cob

Sea salt and freshly ground black pepper

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METHOD

Preheat the oven to 180°C / 350°F / gas mark 4. Place the chicken fillets in a small ovenproof dish that they will fit into snugly and spoon over the barbecue sauce, turning to coat them evenly. Cover tightly with tin foil and place in the oven for 20 minutes or until cooked through and tender.

Meanwhile, place the potatoes in a saucepan fitted with a petal steamer with some water, and cook over a medium heat for 15–20 minutes or until tender.

Meanwhile, trim the green beans by cutting off the ends. About 5 minutes before the chicken and the potatoes are ready put the corn on the cob in a separate saucepan of boiling water with the trimmed beans and add a pinch of salt, if using. Bring to the boil, then reduce the heat and simmer for 4–5 minutes until tender.

Meanwhile, add to the pan with the corn for the last 5 minutes.

Drain the corn and beans and arrange on plates with the baby potatoes. Season with a little freshly ground black pepper. Add a barbecue chicken fillet to each one and spoon over any sauce that is left in the bottom of the dish. Add the green beans and lime wedges to serve.

GET AHEAD

If time allows marinate the chicken fillets in the barbecue sauce in a non-metallic dish covered with clingfilm for up to 3 days on the bottom shelf of the fridge, which will tenderise the meat.

FOR RECIPES AND SHOPPING LISTS VISIT MACE.IE

PEGGY'S SOY SALMON WITH RICE

Serves 2 (each serving contains approx 525 kcal)

INGREDIENTS

80g wholegrain rice

½ tsp butter (2.5g)

2 tbsp soy sauce (30g - reduced sodium)

4 x 75g boneless salmon fillets, skinned
(ask the fish counter to do this)

1 head of broccoli

½ lemon (optional)

Sea salt and freshly ground black pepper

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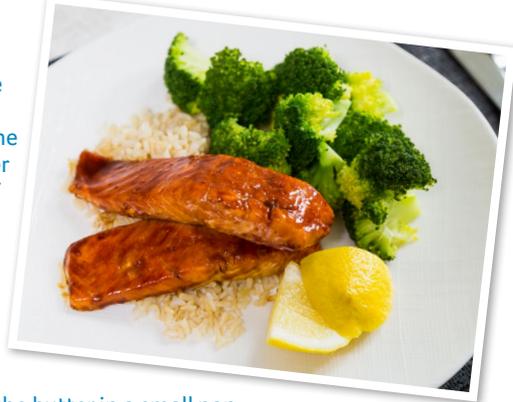


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METHOD

Preheat the oven to 200°C / 400°F / gas mark 6. 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.



Once the rice has been cooking for 15 minutes, melt the butter in a small pan over a medium heat with the soy sauce or you can do this in the microwave. Put the salmon into a small baking tin lined with tin foil or parchment paper and gently pierce each fillet a few times with a fork. Season generously with plenty of freshly ground black pepper.

Spoon the soy butter over the salmon fillets and bake for 6-8 minutes until just cooked through and tender. To test the salmon is cooked, make a small cut with a small sharp knife to see if the flesh has turned from translucent to pink.

Meanwhile, break or cut off the broccoli florets and then cut into even-sized small florets so that they will cook evenly. Put in a saucepan fitted with a petal steamer with some water and season lightly with salt, then cook over a medium heat for 2-3 minutes until just tender but still with a little crunch in the stem.

Arrange the soy-glazed salmon on plates with the broccoli. Cut the lemon wedges, if using and use as a garnish to serve.

GET AHEAD

The salmon can be prepared with the butter soy glazed and kept covered with clingfilm for up to 2 days on the bottom shelf of the fridge. It could also be frozen very successfully for up to 2 weeks. Simply flash freeze on a place lined with parchment and once frozen transfer to a suitable container.

WEEK 7 SATURDAY 23RD FEB

CHICKEN & VEGETABLE COCONUT CURRY

Serves 2 (each serving contains approx 520 kcal)

INGREDIENTS

160g tin coconut milk (such as Thai Gold)	1 bunch of scallions
½ tsp mild curry paste or powder (2.5g)	4 carrots
¼ tsp ground turmeric (1.25g)	200g green beans
¼ tsp ground cayenne pepper (1.25g optional)	80g wholegrain rice
2 skinless and boneless chicken fillets	Sea salt and freshly ground black pepper

METHOD

Preheat the oven to 170°C / 325°F / gas mark 3. Pour the coconut milk into a casserole dish (or use a small roasting tin with a lid made of tin foil) and whisk in the curry paste or powder, turmeric and the cayenne pepper, if using. Using a sharp knife, cut the chicken into bite-sized pieces and stir into the coconut mixture until evenly combined.

Trim down the scallions and finely chop. Peel the carrots and cut into slices and trim from the green beans and cut each one in half. Stir into the chicken mixture (reserving a little scallion as a garnish) and season with plenty of freshly ground black pepper, then cover with a lid. Place in the oven and cook for 1 hour or until the chicken and vegetables are tender

Once the chicken has been cooking for half an hour, 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.

Fluff up the rice with a fork and divide among bowls or plates. Spoon over the chicken & vegetable coconut curry and scatter over the reserved scallions to serve.

GET AHEAD

This recipe works brilliantly in the slow cooker simply cook the chicken on low for 4 hours. This could be made in advance and once it had cooled down it would keep happily in an airtight container for up to 3 days. Just ensure that the rice is chilled down and stored within 2 hours. Reheat in the microwave once or in a saucepan and bring a fork if transporting.

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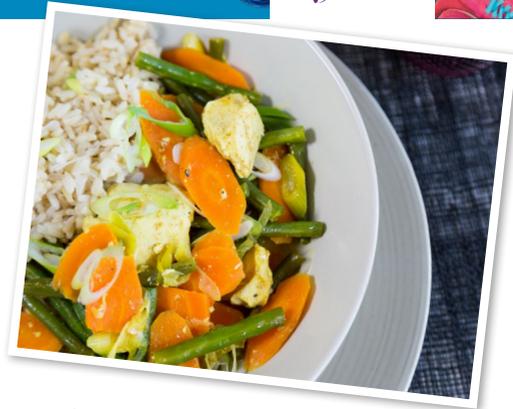
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ROAST PORK WITH RATATOUILLE

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 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 160°C / 325°F / 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 the fridge for up to 3 days.



WEEK 7 MONDAY 25TH FEB

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CURRIED CHICKPEA & SWEET POTATO BURGER

Serves 2 (each serving contains approx 640 kcal)

INGREDIENTS

250g sweet potato	1 tbsp olive oil (15g)
50g green beans	1 oval wholemeal pitta bread
2 scallions	50g little Gem lettuce
400g tin chickpeas	100g cherry tomatoes
½ tbsp mild or medium curry paste (7g - depending on your preference)	1 tbsp chopped fresh mint (15g)
1 tbsp chopped fresh coriander (15g)	5 tbsp natural yoghurt (75g - 3% fat)
1 egg	1 lime
25g plain flour	Sea salt and freshly ground black pepper

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METHOD

Peel the sweet potato and cut into chunks, then steam for about 10 minutes until tender and soft.

Meanwhile, trim the green beans and scallions and finely chop. Drain and rinse the chickpeas and dry well on kitchen paper - you need 240g when drained, then place in a large bowl and mash with a potato masher.

Once the sweet potato is ready add it to the chickpeas and mash again until smooth and combined. Mix in the curry paste and coriander with the green beans and scallions, then mix in the egg and flour. Season lightly with salt, if using and plenty of freshly ground black pepper. Mix until well combined and then shape into 4 patties with your hands.

Heat the oil in a large non-stick frying pan over a medium heat and add the patties. Cook for 5-6 minutes on each side until lightly golden, carefully turning them once with a fish slice.

Meanwhile toast the pitta bread in the toaster or under the grill. Cut into slices and arrange on plates with the little Gem lettuce that has been trimmed and separated into leaves. Dice the tomatoes and scatter on top. Stir the mint into the yoghurt and drizzle on top of the lettuce and add the cooked curried chickpea & sweet potato burgers. Garnish with the lime cut into wedges to serve.

GET AHEAD

The burgers can be made up to 3 days in advance and kept covered with clingfilm on a plate on the bottom shelf of the fridge until ready to cook.



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WEEK 7 TUESDAY 26TH FEB

ZESTY CHICKEN THIGHS WITH PASTA

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Serves 2 (each serving contains approx 495 kcal)

INGREDIENTS

1 garlic clove	¼ tsp dried oregano
4 carrots	1 orange (need 1 tsp (5g) of zest)
400g tin chopped tomatoes	½ lemon
50g tomato puree	4 skinless chicken thighs (still on the bone)
½ tsp dried basil or 1 tsp shredded fresh basil (2 extra sprigs to garnish optional)	100g wholewheat spaghetti
	Sea salt and freshly ground black pepper

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METHOD

Preheat the oven to 170°C / 325°F / gas mark 3. Peel the garlic and use a garlic crusher or the fine side of a box grater if you find that easier. Peel the carrots and cut into slices.

Place the chicken thighs in a casserole dish (or use a small roasting tin and tin foil as the lid) and scatter over the carrots.

Pour the tomatoes into a bowl and stir in the tomato puree, prepared garlic, basil and oregano and then using the fine side of the grater grate in a teaspoon of the orange rind and squeeze in two teaspoons of the lemon juice. Spoon over the chicken and carrots so that it covers them completely. Season with a little salt, if using and plenty of freshly ground black pepper. Cover with a lid and cook for 1 hour until meltingly tender.

When the chicken thighs have been cooking for 45 minutes and are almost done, bring a large saucepan of water to the boil with a pinch of salt, if using. Add the spaghetti and carefully swirl it around so that it softens and goes into the water. Cook for 10-12 minutes or until tender (or according to the packet).

Drain the spaghetti in a colander in the sink and divide among plates. Place two chicken thighs on each one and then finish by spooning over the sauce. Garnish with a basil sprig, if liked to serve.

GET AHEAD

This recipe works brilliantly in the slow cooker simply cook the chicken on low for 4 hours. Once the chicken has been on for 3 ½ hours start to get the pasta ready. 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 until needed, then reheat in the microwave once or in a saucepan on the hob over a gentle heat. Bring a knife and fork if transporting.

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SPINACH & FETA FRITTATA

Serves 2 (each serving contains approx 400 kcal)

INGREDIENTS

1 small onion
1 floury potato 200g
1 red pepper
1 tbsp butter (15g)
4 eggs
4 tbsp low fat milk (60g - 1.5% fat)

50g feta cheese
Small handful of fresh basil leaves
25g baby spinach leaves
50g mixed salad leaves
Sea salt and freshly ground black pepper

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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 potato and then cut into dice. Cut the red pepper in half and remove the seeds and core before discarding, then cut into dice.

Heat a large non-stick frying pan over a medium heat. Add the butter and then tip in the onion and cook for 2-3 minutes until well softened, stirring occasionally with a wooden spoon. Add the potato and red pepper and continue to cook for 6-8 minutes until the potato is just tender when pierced with a sharp knife, stirring regularly to ensure that it doesn't catch at the bottom of the pan.

Meanwhile, break the eggs into a bowl and add the milk. Season lightly with salt, if using and plenty of freshly ground black pepper. Beat with a fork until evenly combined, then crumble in the feta cheese and tear in the basil. Set aside.

Once the potato is cooked, add the spinach to the onion mixture in fistfuls and stir until wilted. Spread out the vegetables evenly in the pan and then pour over the egg mixture. Reduce the heat to low and cook gently for 10 minutes until the frittata is softly set and golden underneath.

Meanwhile, preheat the grill to medium and then put the frittata under for a minute or two until the top is set and golden. Cut into slices and serve on plates with the salad leaves.

GET AHEAD

This frittata can be made in advance and served at room temperature on the day it was made or kept covered with clingfilm on a plate in the fridge for up to 2 days and served cold or reheated in the microwave once.

AOIFE'S BARBECUE SAUCE

Makes 12 servings (each 1 tbsp (15g) contains 15 kcals and there is 3 tsp in 1 tbsp)

INGREDIENTS

1 garlic clove

100g tomato ketchup (no added sugar and salt)

50ml apple cider vinegar

1 tbsp orange juice (15g)

½ tbsp honey (7g)

½ tbsp Worcestershire sauce (7g)

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METHOD

Peel the garlic and use a garlic crusher or grate on the fine side of a box grater. Place in a bowl and stir in the tomato ketchup, vinegar, orange juice, honey and Worcestershire sauce until well combined. Cover with clingfilm and keep in the fridge or if not using immediately transfer to a sterilised screw-topped jar or suitable airtight container. Use as required.



GET AHEAD

This barbecue sauce will keep for up to 3 days if stored in the fridge in a sterilised screw-topped jar or suitable airtight container.