

PORK & CARROT STIR-FRY

Serves 2 (each serving contains approx 560 kcal)

INGREDIENTS

80g wholegrain brown rice	4 carrots
2 garlic cloves	2 scallions
1 red chilli (optional)	1 tablespoon rapeseed oil (15g)
2 pork loin chops (well trimmed)	2 teaspoons chopped fresh coriander (10g)
1 1/2 teaspoons ground cumin (7.5g)	Salt (optional)
1 tablespoon reduced sodium soy sauce	freshly ground black pepper
1 onion	

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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 (optional). 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 (optional) in half and remove the seeds with a teaspoon, then finely chop. Cut the pork chops into strips and place in a bowl with the prepared garlic and chilli with the cumin and soy sauce, stirring to combine. Set aside at room temperature to allow the flavours to develop.

Cut the onion in half and peel off the skin, then cut into thin slices. 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 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 piping hot with no pink meat and the juices run clear and the carrots still have a little crunch left. Season with pepper.

Fluff up the rice and divide between bowls and spoon the pork and 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 in a suitable container 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. Only reheat once in the microwave when ready to eat.



Serves 2 (each serving contains approx 440 kcal)

INGREDIENTS

- 1 red pepper
- 1 yellow pepper
- 1 small onion
- 350g baby salad potatoes
- 1 ½ tablespoons rapeseed oil (22.5g)
- 1 bay leaf
- 1 teaspoon paprika (sweet or smoked)

- 2 x 150g firm white fish fillets, skinned (such as haddock, cod or hake)
- 1 garlic clove
- 400g tin chopped tomatoes
- 1 teaspoon tomato puree (5g)
- 5g fresh coriander leaves
- salt (optional)
- freshly ground black pepper



METHOD

Cut the peppers in half, then remove the seeds and cores and thinly slice. Peel and cut the onion in half and thinly slice. Cut the baby salad potatoes into 1cm slices.

Heat a large frying pan with a lid over a medium to high heat. Add one tablespoon of the oil and then stir in the bay leaf and paprika and cook for 20 seconds, stirring. Add the peppers, onion and potatoes, stirring to combine.

Peel and crush in the garlic and stir into the pan, along with the chopped tomatoes and tomato puree. Season lightly with salt (optional) and pepper to taste and cover with a lid. Simmer for 10 minutes until the vegetables are softened and the potatoes are just tender.

Reduce the heat on the pan to medium-low. Season the fish lightly with salt (optional) and pepper and nestle in the vegetable and tomato sauce. Cover and simmer for another 5 minutes or until the fish is cooked through and piping hot – test with the tip of a sharp knife.

Divide the Portuguese-style fish between two wide rimmed bowls and drizzle over the remaining oil, then scatter the coriander leaves on top to serve.

GET AHEAD

The vegetable stew can be made up to 3 days in advance and put in the fridge within 2 hours of cooking in an airtight container. Reheat gently only once over a gentle heat with a splash of water to loosen it before adding in the fish to steam.



COURGETTE & CORN CHILLI

Serves 2 (each serving contains approx 450 kcal)

INGREDIENTS

1 red onion
2 courgettes
1 red chilli
2 garlic cloves
1 tablespoons rapeseed oil (15g)
200g frozen sweetcorn
1 ½ teaspoons chilli powder (7.5g)
1 ½ teaspoons ground cumin
400g tin chopped tomatoes

300ml vegetable stock (made from a reduced salt cube)
400g tin black beans (you need 240g drained)
1 teaspoon honey (5g)
½ lime
small handful fresh coriander leaves (5g)
salt (optional)
freshly ground black pepper



METHOD

Peel the onion and cut in half, then finely chop. Trim and dice the courgettes. Cut the chilli in half, then remove the seeds with a teaspoon and finely chop the flesh. Peel the garlic and using a garlic crusher crush the flesh.

Heat a frying pan with a lid over a medium to high heat. Add the oil and then tip in the onion and courgettes. Sauté for about 6-8 minutes until lightly coloured.

Stir in the chilli, garlic and frozen sweetcorn with the spices and continue to cook for 2-3 minutes until the sweetcorn is tender and piping hot.

Stir in the chopped tomatoes and stock and season lightly with salt (optional) and pepper to taste, then simmer for about 5 minutes until slightly reduced and thickened.

Meanwhile, tip the black beans into a sieve and run under the tap to rinse. Stir into the chilli and cook until piping hot. Add the honey and squeeze in the lime juice, stirring to combine. Divide between bowls. Roughly chop the coriander and scatter on top to serve.



GET AHEAD

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

MIXED HERB ROAST CHICKEN

Serves 2 (each serving contains approx 500 kcal)

INGREDIENTS

1.5kg whole chicken (serving 200g cooked chicken per person – the remainder can be used for the rest of the week in wraps, sandwiches and salads)
1 lemon
1 bunch fresh rosemary, thyme and sage sprigs
2 garlic bulb

1 ½ teaspoons butter (at room temperature – 7.5g)
2 parsnips
3 carrots
1 small red onion
1 tablespoon rapeseed oil (15g)
250g potatoes
salt (optional)
freshly ground black pepper

METHOD

Remove the chicken from the fridge 1 hour before you plan to cook it and discard any packaging. Dry well inside and out with kitchen paper, then put in a roasting tin and stuff the cavity with the lemon and garlic that you have cut in half with the herbs, reserving a little thyme to garnish.

Preheat the oven to 190C / 375F / gas mark 5. Put the butter in a small bowl and then season with a little salt (optional) and plenty of freshly ground black pepper. Mix to combine and smear all over the skin.

Place the chicken in the oven and roast for 1 hour and 20 minutes or until the chicken is cooked through. To check, pierce the thigh with a skewer – the juices should run clear and be piping hot and there should be no pink meat. Remember to wash your hands in warm soapy water after handling raw chicken.

Peel the parsnips and carrots and cut both into large batons. Cut the red onion in half and cut into slices. Peel the potatoes and cut into wedges. Place all the vegetables in a bowl and toss with the oil, then season to taste.

Once the chicken has been roasting for 1 hour, tip in the vegetable mixture and continue to roast for another 20 minutes until the chicken is cooked through and tender – test with the tip of a sharp knife.

Remove the chicken from the oven and carefully transfer to a plate, then cover loosely with tin foil and a clean tea towel and leave to rest for 20 minutes. Give the vegetables a good shake and return to the oven to finish cooking.

Carve the rested cooked chicken into slices and arrange 200g on each plate with the roasted vegetables and garnish with the thyme leaves to serve.

GET AHEAD

Double the veggies and this recipe could serve up four people so you can both make up separate dinners on plates and cover with clingfilm to store in the fridge within 2 hours of cooking for up to 2 days. Reheat only once in the microwave. Use the remainder of the chicken up for sandwiches, wraps and salads during the rest of the week.



BLACK BEAN BURRITO

Serves 2 (each serving contains approx 500 kcal)

INGREDIENTS

1 garlic clove
½ small red onion
10g baby spinach leaves
20g Cheddar cheese
400g tin black beans (240g drained)
1 tablespoon rapeseed oil (15g)
45g tinned kidney beans (drained and rinsed)

¼ teaspoon dried chilli flakes
200g tin chopped tomatoes (or ½ regular tin)
2 wholemeal wraps
2 tablespoons salsa (shop-bought)
salt (optional)
freshly ground black pepper



METHOD

Peel and crush the garlic. Peel the onion and finely chop. Shred the spinach and finely grate the Cheddar cheese.

Drain the black beans into a sieve in the sink and rinse under cold running water. Drain well – you need 240g in total.

Heat the oil in a frying pan over a medium heat and add the garlic, onion, black beans, previously drained and rinsed kidney beans and sauté for 1-2 minutes. Stir in the chilli flakes and then pour in the chopped tomatoes. Bring to the boil and season lightly with salt (optional) and pepper to taste. Reduce the heat to low and simmer for about 5 minutes until slightly reduced and piping hot, stirring occasionally.

Wipe the frying pan clean and place back on a medium heat. Add the wholemeal wraps for 10-15 seconds on each side. Put each one on a plate. Divide the bean mixture between them and top each one with the grated Cheddar, spinach and salsa, before tucking in the ends and folding into a burrito shape. Cut each one in half and arrange on plates to serve.



GET AHEAD

The bean mixture can be made in advance, left to cool and put in the fridge within 2 hours of cooking for up to 3 days in an airtight container. Reheat only once in the microwave or in a saucepan over a gentle heat when needed. The burritos also would be good served cold packed into a lunchbox.

CHICKEN & CHORIZO PASTA

Serves 2 (each serving contains approx 510 kcal)

INGREDIENTS

80g wholewheat penne pasta

1 yellow pepper

1 courgette

60g sun-dried tomatoes, well drained

5g fresh flat-leaf parsley

30g raw chorizo

2 skinless and boneless chicken fillets

400g tin chopped tomatoes
salt (optional)

freshly ground black pepper



METHOD

Bring a large saucepan of water to the boil with a pinch of salt (optional). Add the penne and cook for 10-12 minutes or until tender or according to the packet instructions.

Meanwhile, cut the pepper in half and remove the seeds and core, then thinly slice. Trim the courgette and cut into batons. Cut the sun-dried tomatoes into strips. Finely chop the parsley leaves.

Heat a large frying pan over a medium heat. Cut the chorizo into small dice, discarding any skin. Add to the heated pan (you do not need any oil as a certain amount will come out of the chorizo) and cook for 1 minute or until it starts to sizzle.

Meanwhile, cut the chicken into strips with a small sharp knife. Add to the sizzling chorizo, tossing to coat and stir-fry for 2-3 minutes or until lightly browned. Remember to wash your hands and utensils in warm soapy water after working with raw chicken.

Add the pepper and courgette and sauté for 2-3 minutes until tender. Scatter over the sun-dried tomatoes and pour in the tin of tomatoes, stirring to combine. Simmer for a few minutes to slightly reduce and until piping hot with no pink meat and the juices run clear.

Drain the pasta and then fold into the chicken and chorizo mixture with the parsley. Divide between two pasta bowls to serve.

GET AHEAD

This recipe could easily be doubled up to serve 4 so you could keep 2 portions in separate bowls and cover with clingfilm to store in the fridge within 2 hours of cooking for up to 3 days. Reheat only once in the microwave.



SPAGHETTI BOLOGNESE

Serves 2 (each serving contains approx 475 kcal)

INGREDIENTS

200g lean steak mince

1 onion

1 red pepper

150g mushrooms (chestnut or ordinary)

½ teaspoon dried basil

½ teaspoon dried oregano

½ teaspoon dried parsley

2 tablespoons tomato puree (30g)

¼ reduced salt chicken stock cube

150ml boiling water

400g tin chopped tomatoes

½ teaspoon Worcestershire sauce (2.5g)

100g wholewheat spaghetti
salt (optional)

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.

Cut the onion in half and peel off the skin, then finely chop. 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. Add the vegetables to the mince, stirring to combine. Season lightly with salt (optional) and pepper to taste and cook for another 3-4 minutes until the vegetables have 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 and piping hot, stirring occasionally with a wooden spoon to ensure it does not stick to the bottom of the pan.

Meanwhile, cook the spaghetti in a large saucepan 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 within 2 hours of cooking. 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 1 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.

