

CARAMELISED ONION & BACON PASTA

Serves 2 (each serving contains approx 480 kcal)

INGREDIENTS

1 small red onion

1 garlic clove

20 baby plum or cherry tomatoes

2 rindless bacon rashers (well trimmed)

1 tablespoon softened butter (15g)

¼ teaspoon dried chilli flakes

100g wholewheat spaghetti

2 tablespoons balsamic vinegar (30g)

2 tablespoons rapeseed oil (30g)

small handful fresh basil leaves (5g)

salt (optional)

freshly ground black pepper



METHOD

Cut the onion in half, then peel and thinly slice. Peel the garlic and crush the flesh. Cut the tomatoes in half. Snip the bacon into small pieces and put in a bowl.

Melt the butter in a frying pan over a medium heat. Add the onion, chilli flakes and season lightly salt (optional) and pepper to taste. Sauté for 6-8 minutes until the onions are golden brown, stirring occasionally. Stir in the garlic and cook for another minute or two until lightly golden.

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 instructions.

Add the bacon to the onion mixture and sauté for another few minutes until crisp and golden.

Drain the spaghetti into a colander in the sink. Add the tomatoes with the vinegar and oil to the bacon and onion mixture and then toss with the pasta. Divide among wide rimmed bowls and tear over the basil leaves to serve.

GET AHEAD

This pasta dish could be made in advance and 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. It would also be served as a salad, perhaps using a pasta shape that is more convenient to eat such as wholewheat penne or fusilli. Just remember to bring a fork if transporting.



SALMON IN A PARCEL

Serves 2 (each serving contains approx 465 kcal)

INGREDIENTS

250g baby new potatoes
1 small orange
1 lime
400g green beans (in parcel and on side with carrots)
2 carrots

2 salmon fillets (boneless and skinless - each about 150g)
5g fresh flat-leaf parsley
1 teaspoon rapeseed oil (5g)
salt (optional)
freshly ground black pepper



METHOD

Preheat the oven to 200C / 400F / gas mark 6. Steam the potatoes for 15-20 minutes until tender (if you have double steamer use it for both the potatoes and vegetables).

Cut heavy-duty foil into 2 x 40 x 27.5cm pieces and cut parchment into 2 x 20cm squares, then place the parchment squares on the pieces of tin foil. Cut the orange and half of lime into thin slices and arrange on the parchment. Cut the remaining lime half into 2 wedges and reserve for garnishing.



Trim the green beans. Cut the carrots into batons similar in size to the green beans. Scatter half of the green beans over the citrus slices and put a piece of salmon on top. Season lightly with a little salt (optional) and pepper to taste. Finely chop the parsley and sprinkle on top and drizzle over the oil.

Fold the parchment over the fish; draw edges together the crimp with fingers to form tightly sealed packets. Place on a baking sheet and roast for 15 minutes until the salmon flakes easily with a fork and is piping hot.

Steam the rest of the green beans with the carrots for about 5 minutes until tender.

Open the salmon parcels carefully to allow steam to escape and arrange the salmon on plates with the baby new potatoes, steamed carrots and green beans. Garnish with the lime wedges to serve.

GET AHEAD

Make the salmon parcels up to 1 day in advance and keep on the bottom shelf of the fridge until ready to cook. This recipe is also very easy to double up for larger numbers. The vegetables can be prepared and kept in a suitable container in the fridge until ready to cook.

PEANUT & SWEET POTATO CURRY

Serves 2 (each serving contains approx 480 kcal)

INGREDIENTS

- | | |
|---------------------------------------|------------------------------------|
| 1 small onion | 1 teaspoon sweet or smoked paprika |
| 300g sweet potatoes | 160g tin coconut milk |
| 2 garlic cloves | 200ml water |
| 300g green beans | salt (optional) |
| handful natural skinned peanuts (25g) | freshly ground black pepper |
| 1 tablespoon rapeseed oil (15g) | |
| 1 teaspoon dried thyme | |



METHOD

Peel the onion, then cut in half and thinly slice. Peel the sweet potatoes and cut the flesh into dice. Peel and crush the garlic. Trim the green beans and cut into 1cm pieces.

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, finely chop. Set aside.

Add the oil to the wok and swirl up the sides. Tip in the onion and stir-fry for 2-3 minutes. Add the garlic and stir-fry for another 30 seconds. Stir in the sweet potatoes and the sprinkle over the thyme and paprika. Cook for another minute.

Pour in the coconut milk with the water and bring to a simmer. Reduce the heat and simmer for 8-10 minutes until the sweet potatoes are almost tender.

Stir in the green beans and season lightly with salt (optional) and pepper to taste. Continue to simmer for 2-3 minutes until the beans are tender but still holding their colour and the curry is piping hot.

Divide the curry among bowls and scatter over the chopped peanuts to serve.

GET AHEAD

The flavour of this curry will only improve the longer it is kept. Simply cool and put into separate suitable airtight containers within 2 hours of cooking. Keep in the fridge for up to 3 days until needed, then reheat in the microwave once or in a saucepan on the hob over a gentle heat.



CHICKEN & BROCCOLI BAKE

Serves 2 (each serving contains approx 480 kcal)

INGREDIENTS

1 small red onion
2 carrots
1 celery stick
1 small head broccoli (you need 200g florets)
250g potatoes
200ml water
1 bay leaf

2 skinless and boneless chicken fillets
1 tablespoon softened butter (15g)
1 tablespoon plain flour (15g)
135ml low fat milk (1.5% fat)
small handful fresh parsley leaves
15g fresh breadcrumbs
salt (optional)
freshly ground black pepper

METHOD

Preheat the oven to 180C / 350F / gas mark 4. Cut the onion in half, then peel and finely chop. Peel the carrots and dice along with the celery. Cut the broccoli into small florets – you'll need 200g in total. Peel the potatoes and cut into chunks, roughly the same size as the broccoli.

Place the onion, carrots and celery in a saucepan with the water and bay leaf and arrange the chicken fillets on top. Slowly bring to the boil, then cover with a lid and reduce the heat to low. Simmer for 15 minutes until the chicken is piping hot with no pink meat and the juices run clear and vegetables are tender. Remember to wash hands and utensils in warm soapy water after handling raw chicken. Transfer the chicken to a plate and leave to cool a little. Remove and discard the bay leaf. Blitz the vegetable and water mixture with a hand blender until smooth (or if you don't have one use a potato masher).

Heat a frying pan over a medium heat. Add the butter and once it is melted, stir in the flour and cook for 1 minute, stirring. Gradually whisk in the milk until smooth. Reduce the heat and simmer gently for another 3-4 minutes until reduced and thickened. Fold in the vegetable sauce.

Steam the potatoes for 6-8 minutes until almost tender. Add the broccoli and steam for another 2 minutes until the broccoli is just cooked but still with a little bite and the potatoes are tender but still holding their shape. Remove from the heat.

Finely chop the parsley and stir into the sauce. Season lightly with salt (optional) and pepper to taste. Cut the cooked chicken into bite-sized pieces and place in a small ovenproof dish with the potatoes and broccoli. Pour over the sauce and sprinkle the breadcrumbs on top. Bake for 25-30 minutes until piping hot and golden brown. Divide into portions and arrange on plates to serve.

GET AHEAD

This recipe can be made up to 2 days in advance and kept covered with cling film in the fridge within 2 hours of cooking. It can also be frozen for up to 1 month. The recipe can also be scaled up so you could make a double batch and then freeze individual portions in suitable containers. Defrost on the bottom shelf of the fridge before reheating in the oven or microwave once until piping hot.



Serves 2 (each serving contains approx 430 kcal)

INGREDIENTS

1 small onion
1 garlic clove
1 red pepper
1 yellow pepper
1 red chilli
300g baby new potatoes
1 tablespoon rapeseed oil (15g)
1 teaspoon dried oregano

¼ teaspoon ground cumin
400g tin chopped tomatoes
4 eggs
5g fresh chives
salt (optional)
freshly ground black pepper



METHOD

Preheat the oven to 200C / 400F / gas mark 6. Peel the onion, then cut in half and thinly slice. Peel and crush the garlic. Cut the peppers in half and remove the seeds and cores, then thinly slice. Cut the chilli in half and take out the seeds with a teaspoon, then finely chop the flesh.

Steam the potatoes for 15-20 minutes until tender.

Meanwhile, heat a frying pan over a medium heat. Add the oil and then tip in the onion, garlic, peppers and chilli and sauté for 4-5 minutes until softened and just starting to catch a little colour.

Stir in the oregano, cumin and tomatoes. Bring to a simmer and cook for 5 minutes until the peppers are completely tender and the sauce has reduced and thickened.

Make four holes in the pepper mixture using the back of a wooden spoon just large enough to fit the eggs, then crack one into each hole. Season lightly with salt (optional) and pepper to taste, then cover with a lid. Reduce the heat to low and simmer for 4-6 minutes or until the whites of the eggs are set but the yolks are still runny. Snip over the chives and divide among plates with the new potatoes 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 eggs to cook.

VEGETABLE FRIED RICE WITH CHICKEN

Serves 2 (each serving contains approx 437 kcal)

INGREDIENTS

100g wholegrain brown rice
1 head of broccoli (you need 400g florets)
120g pak choi
2 garlic cloves
1 knob of root ginger (you need 1
tablespoon thinly sliced)
2 scallions
1 rindless bacon rasher (well trimmed)

1 ½ teaspoons rapeseed oil (7.5g)
¼ teaspoon dried chilli flakes
2 eggs
2 teaspoons reduced sodium soy sauce
(10g)
100g cooked diced chicken (leftovers or
shop-bought)
freshly ground black pepper

METHOD

Rinse the rice well in a sieve and then put in a saucepan with 300ml 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). Spread out on to a tray and allow to cool to prevent further cooking or use leftover rice that has been cooled and stored in the fridge within 2 hours of cooking, which this type of recipe is perfect for.

Break off the broccoli into florets and then cut into small bite-sized florets – you will need 400g in total. Trim the pak choi and cut into slices. Peel and thinly slice the garlic and ginger – you will need about one tablespoon of ginger. Trim and thinly slice the scallions. Snip the rasher into a small bowl and set aside.

Heat a wok or large frying pan over a medium heat. Add half a teaspoon of the oil to the wok and swirl up the sides, then tip in the broccoli and stir-fry for 3-4 minutes until just tender but still with bite. Tip on to a plate and set aside.

Add the rest of the oil to the wok and again swirl up the sides. Stir-fry the bacon, garlic, ginger and chilli flakes for 1-2 minutes until sizzling and lightly golden.

Tip the cooked rice into the wok and stir-fry for a few minutes until piping hot. Break the eggs into a bowl and lightly beat, then make a well in the centre of the heated rice and then tip in the egg. Leave for 20 seconds or so until it starts to set, then begin to gently break up with a wooden spoon and toss until evenly combined. Season with plenty of freshly ground black pepper.

Return the cooked broccoli to the wok with the cooked chicken and pak choi and then sprinkle over the soy sauce, toss until evenly combined and piping hot. Season with pepper and divide among bowls to serve.

GET AHEAD

This recipe is great for using up leftover cooked rice and chicken that has been cooked and put into the fridge within 2 hours of cooking in separate airtight containers for up to 3 days. Once made will keep well for up to 2 days in the fridge in an airtight container in the fridge. It can be transported and either eaten at room temperature or heated once in the microwave. If transporting bring cutlery with you.



SMOKY PORK CHOPS WITH BABY POTATOES & GREEN BEANS

Serves 2 (each serving contains approx 470 kcal)

INGREDIENTS

2 pork loin chops (well trimmed)

2 teaspoons rapeseed oil (10g)

½ teaspoon smoked or sweet paprika

300g baby new potatoes

3 carrots

200g green beans

salt (optional)

freshly ground black pepper



METHOD

Preheat the grill to medium and line the grill rack with tin foil. Mix the oil in a small bowl with the paprika and season lightly with salt, if using and plenty of freshly ground black pepper. Brush all over the pork chops and then arrange on the lined grill rack. Cook for 10-12 minutes, turning once or until piping hot with no pink meat and the juices run clear. Then transfer to plates keep warm in a low oven 110C / 225F / gas mark ¼ to rest for 5 minutes.



Put the potatoes in a saucepan half filled with

water over a medium heat and add a pinch of salt, if using (or use a two-tiered steamer if you have one). Bring to the boil and then reduce the heat and simmer gently for 15-20 minutes or until completely tender. Check by piercing a piece with the tip of a sharp knife it should go in with no resistance.

Meanwhile, peel the carrots and cut into thin slices. Trim the green beans and cut each one in half. Steam the carrots for 5 minutes with the green beans tipped on top until all of the vegetables are tender.

Check that the vegetables are cooked and if they are take the pork out of the oven with an oven glove and tip on the carrots and greens beans. Add the potatoes and serve at once.

GET AHEAD

Prepare the pork chops and brush with the flavoured oil, then cover with cling film and store in the fridge on the bottom shelf for up to 2 days. Prepare the carrots and green beans and keep in a suitable container ready to cook in the fridge for up to 2 days to save time before cooking.