

## MOROCCAN CHICKEN & BUTTERNUT SQUASH

Serves 2 (each serving contains approx 480 kcal)

### INGREDIENTS

1 leek	350ml chicken stock (from ½ reduced salt cube)
1 butternut squash	35g raisins
1 small turnip	80g couscous (wholemeal if possible)
2 skinless and boneless chicken fillets	160ml boiling water
2 teaspoons rapeseed oil (10g)	5g fresh coriander leaves
½ teaspoon ground cumin	salt (optional)
½ teaspoon ground coriander	freshly ground black pepper
¼ teaspoon ground turmeric	
1 tablespoon tomato puree (15g)	



### METHOD

Trim and thinly slice the leek. Peel the butternut squash, then cut in half and remove the seeds. Cut into bite-sized pieces. Trim and peel the turnip and cut into slightly larger pieces. Cut the chicken into chunks and place in a bowl.

Heat a frying pan with a lid over a medium to high heat. Add the oil and sauté the leek for 2-3 minutes until softened but not coloured. Stir in the spices and tomato puree and cook for another minute, stirring. Pour in the stock and bring to a simmer. Season with a little salt (optional) and pepper to taste.

Reduce the heat to low and stir in the butternut squash and turnip. Cover with a lid and simmer for 10-12 minutes until the vegetables are almost tender when pierced with a knife.

Remove the lid, then stir in the chicken and raisins to the vegetable mixture and then recover and simmer very gently for another 10 minutes until the sauce has slightly reduced and the chicken is piping hot with no pink meat and the juices run clear. Remember to wash your hands and utensils in warm soapy water after handling raw chicken.

Put the couscous in a heatproof bowl and pour over the boiling water. Cover with cling film and set aside for at least 5 minutes until all of the water has been absorbed. Remove the cling film and fluff up the couscous with a fork. Finely chop half of the coriander and fold it into the couscous.

Divide the couscous between plates and spoon over the Moroccan chicken and butternut squash. Tear the remaining coriander on top 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, when ready to eat, in the microwave or separately in saucepans over a gentle heat.



**SUN-DRIED TOMATO COD WITH  
BABY NEW POTATOES**

Serves 4 (each serving contains approx 380 kcal)

**INGREDIENTS**

250g baby new potatoes  
2 x 200g boneless and skinless cod fillets  
2 teaspoon sun-dried tomato pesto  
(from a jar or tube – 10g)  
480g sugar snap peas  
½ lemon (optional)

salt (optional)  
freshly ground black pepper



**METHOD**

Place the baby potatoes in a saucepan half filled with water (or use a two-tiered steamer if you have one) and add a pinch of salt (optional). 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.

Preheat the oven to 180C / 350F / gas mark 4. Place the cod fillets in a small baking dish and smear over the sun-dried tomato pesto and season with pepper. Bake for 10-12 minutes or until cooked through and piping hot. To test the cod is cooked, make a small cut with a small sharp knife to see if the flesh has turned from translucent to opaque.

Meanwhile, put the sugar snap peas into a steamer and season lightly with salt (optional). Cook for the last minute or two before the potatoes are ready until just tender but still with a little crunch.

Arrange the sun-dried tomato cod on plates with the baby new potatoes and sugar snap peas. Cut the lemon into wedges, if using and use as a garnish to serve.



**GET AHEAD**

The cod can be prepared with the pesto and pepper and kept covered with cling film 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 plate lined with parchment and once frozen transfer to a suitable container.

**CHICKEN & VEGETABLE COCONUT CURRY**

Serves 2 (each serving contains approx 520 kcal)

**INGREDIENTS**

160g tin coconut milk  
½ teaspoon curry paste or powder  
¼ teaspoon ground turmeric  
¼ teaspoon chilli powder  
2 skinless and boneless chicken fillets  
1 bunch of scallions  
4 carrots  
200g green beans

80g wholegrain brown rice  
salt (optional)  
freshly ground black pepper



**METHOD**

Preheat the oven to 160C / 325F / 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 chilli powder. Cut the chicken into bite-sized pieces and stir into the coconut.

Trim the scallions and finely chop. Peel the carrots and cut into thin slices and trim 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 is piping hot with no pink meat and the juices run clear.



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 (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.

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

**GET AHEAD**

Once made this recipe can be put in the fridge within 2 hours of cooking and can be stored in separate airtight containers for up to 3 days. Only reheat once, when ready to eat, in the microwave or in a saucepan or casserole with a lid over a gentle heat. The rice would need to be heated separately. It can also be made very successfully in a slow cooker – simply follow the instructions above and cook on low for 4 hours.

**INGREDIENTS**

1 small onion  
1 carrot  
1 celery stick  
1 red pepper  
1 tablespoon rapeseed oil (15g)  
200g lean steak mince  
½ teaspoon ground cumin  
1 teaspoon chilli powder  
250ml chicken stock (made from ½ reduced salt cube)

200g tin chopped tomatoes (or use ½ 400g tin)  
60g wholegrain brown rice  
120g drained and rinsed black beans (from ½ 400g tin)  
5g fresh coriander leaves  
salt (optional)  
freshly ground black pepper

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**METHOD**

Peel the onion and cut in half, then finely chop. Peel the carrot and dice it with the celery. Cut the red pepper in half and remove the seeds and core, then dice the flesh.

Heat a frying pan over a medium heat. Add the oil and swirl up the sides. Tip in the onion, carrot, celery and red pepper and sauté for 8-10 minutes until tender and just beginning to pick up a bit of colour.

Tip in the mince and cook for about 5 minutes until well browned, breaking up any lumps with a wooden spoon. Stir in the spices and cook for another minute, stirring.

Stir in the stock and tinned tomatoes and season lightly with salt (optional) and pepper to taste. Bring to a simmer, then reduce the heat and cover with a lid. Simmer gently for at least 30 minutes or up to 1 hour until the mince is piping hot and meltingly tender.

Rinse the rice well in a sieve and then put into a small saucepan with 150ml 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 to low 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.

Stir the black beans into the chilli and simmer until piping hot, stirring occasionally.

Fluff up the rice and then divide between bowls or plates and add the hearty beef chilli. Tear over the coriander leaves to serve.

**GET AHEAD**

Once made this recipe can be put in the fridge within 2 hours of cooking and can be stored in separate airtight containers for up to 3 days. Only reheat once, when ready to eat, in the microwave or in a saucepan over a gentle heat. The rice would need to be heated separately.



## MUSHROOM & RICOTTA OMELETTE

### WITH MIXED SALAD

Serves 2 (each serving contains approx 380 kcal)

#### INGREDIENTS

50g baby spinach leaves

14 cherry tomatoes (100g)

1/4 cucumber

1 teaspoon vinaigrette salad dressing

(see recipe link or use shop-bought - 5g)

200g mushrooms (chestnut or ordinary)

1 tablespoon rapeseed oil (15g)

5 eggs

25ml low fat milk (1.5% fat)

50g ricotta cheese

salt (optional)

freshly ground black pepper



#### METHOD

Arrange the spinach leaves on plates and then cut the cherry tomatoes in half and scatter on top. Cut the cucumber in half and cut into slices and add to the salad, then drizzle over half a teaspoon of the dressing over each plate. Set aside.

Trim and cut the mushrooms into slices. Heat in a teaspoon of rapeseed oil a frying pan over a medium heat. Add the mushrooms and season with a little salt (optional) and pepper to taste. Sauté for 3-4 minutes until tender, then tip on to a plate.

Break the eggs into a bowl and add the milk, then season with plenty of freshly ground pepper. Gently beat the eggs and milk with a fork until the yolks and whites are just combined. Don't be tempted to over-beat the omelette, as it will spoil the texture.

Wipe out the frying pan and put back on a medium heat. Add another teaspoon of the oil and quickly swirl it around, tilting the pan so that the base and the sides get coated. Now turn up the heat to its highest setting.

Pour in half of the beaten egg mixture, tilting it around to spread the eggs in an even layer. Place on the heat for about 20 seconds, tilting the pan until there is liquid egg left, just on the surface. Scatter half of the sautéed mushrooms down the middle and then sprinkle the ricotta cheese on top before folding over to enclose the fillings. The easiest way to do this is to tilt the pan again, and flip one side of the omelette into the centre, then fold again.

Take the frying pan to the plate with one of the salads and the last fold will be when you tip the omelette out on to the plate with the salad. It's worth remembering that an omelette will continue cooking, even on the plate, so serve it immediately. Repeat with the rest of the oil and egg mixture to make a second omelette. Serve at once.

#### GET AHEAD

Once everything is prepared the ingredients can be kept covered individually in the fridge for up to 2 days until you are ready to cook but omelettes will become rubbery if you try and cook them in advance.



**CREAMY PRAWN & COURGETTE PASTA**  
Serves 2 (each serving contains approx 500 kcal)

**INGREDIENTS**

100g wholewheat fusilli pasta  
1 garlic clove  
1 large courgette  
½ tablespoon rapeseed oil (7g)  
300g raw peeled tiger prawns  
400g cherry tomatoes  
handful fresh basil leaves (5g)  
4 tablespoons light cream cheese (such

as Philadelphia – 60g)  
salt (optional)  
freshly ground black pepper



**METHOD**

Cook the fusilli in a saucepan of boiling water with a pinch of salt (optional) for 10-12 minutes or according to packet instructions.

Peel and grate the garlic on the fine side of a box grater. Trim and dice the courgette. Cut the cherry tomatoes in half or into quarters depending on their size.

Heat a large frying pan or wok over a medium heat. Add the oil and swirl it up the sides. Tip in the garlic and stir-fry for 10 seconds, being careful not to let it brown too much. Tip in the courgettes and season with a little salt (optional) and pepper to taste. Cook for another 6-8 minutes until the courgettes are completely tender and just starting to caramelize, stirring regularly with a wooden spoon.

Scatter the prawns into the pan and toss until evenly coated, then cook for a minute or two until they turn pink. Add the cherry tomatoes and tear in most of the basil and continue to toss until evenly combined and everything is piping hot but the tomatoes are still holding their shape and the prawns are cooked through. Remove from the heat.

Drain the pasta and return to the pan, then gently fold in the light cream cheese followed by the prawn and courgette mixture.

Divide the creamy prawn and courgette pasta between wide rimmed bowls and garnish with a few extra torn basil leaves to serve.

**GET AHEAD**

Once everything is prepared the ingredients can be kept covered individually in the fridge for up to 1 day until you are ready to cook but the freshness and vibrancy of colour will be lost if you cook it in advance.



**CHICKEN & LEEK TRAYBAKE**

Serves 2 (each serving contains approx 510 kcal)

**INGREDIENTS**

2 leeks  
2 fennel bulbs  
250g baby new potatoes  
2 garlic cloves  
1 tablespoon rapeseed oil (15g)  
4 skinless chicken thighs (on the bone)  
250ml chicken stock (made from ½ reduced salt cube)

1 tablespoon wholegrain mustard (15g)  
5g fresh flat-leaf parsley leaves  
salt (optional)  
freshly ground black pepper

**METHOD**

Preheat the oven to 200C / 400F / gas mark 6. Trim and slice the leeks. Trim the fennel bulbs and cut into thin wedges. Cut the baby potatoes in half. Peel and finely grate the garlic.

Heat a frying pan over a medium to high heat. Season the chicken thighs with a little salt (optional) and pepper to taste. Add one teaspoon of the oil and then add the chicken to the pan presentation side down. Cook for about 5 minutes until well sealed all over and lightly browned, turning regularly with a tongs. Transfer to a roasting tin.

Scatter the leeks, fennel and potatoes around the chicken. Stir the mustard and garlic into the stock and then pour into the tin. Drizzle over the remaining two teaspoons of oil and season to taste with pepper. Roast for 30-35 minutes or until the chicken is piping hot with no pink meat and the juices run clear and the vegetables are nicely caramelized (all the stock should be evaporated). Cut into the chicken close to the bone to check that is properly done. Remember to wash your hands and utensils in warm soapy water after handling raw chicken.

Divide the chicken and leek traybake between plates and tear over the parsley leaves to serve.

**GET AHEAD**

The leeks and fennel can be prepared 2 days in advance and kept in a suitable container in the fridge. The stock mixture could also be made up and kept covered in the fridge so there is no prep involved when you are ready to cook. It can also 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 preheated oven 180C / 350F / gas mark 4 covered with tin foil for about 20 minutes until piping hot.



**VINAIGRETTE SALAD DRESSING**

Makes 8 servings (contains approximately 65 kcal in each 1 tablespoon serving)

**INGREDIENTS**

- 1 small garlic clove
- 2 tablespoons balsamic vinegar (30g)
- 50ml rapeseed oil (cold-pressed for a stronger flavour)
- 1 tablespoon wholegrain mustard (15g)
- 1 teaspoon honey (5g)

- 1 teaspoon snipped fresh chives (5g)
- salt (optional)
- freshly ground black pepper



**METHOD**

Use a garlic crusher to crush the garlic or the fine side of a box grater if you find that easier. Put into a screw-topped jar (an old washed out jam jar is perfect). Add the balsamic vinegar, oil, mustard, honey and chives to the jar and season lightly with salt (optional) and add plenty of freshly ground black pepper. Then screw the lid back on tightly. Shake hard until the dressing has thickened and emulsified. Store in the fridge and use as required.



**GET AHEAD**

This dressing will last up to 3 days if stored in the fridge.