

CARAMELISED ONION & GARLIC PASTA WITH SPINACH

Serves 2 (each serving contains approx 480 kcal)

INGREDIENTS

1 small red onion

1 garlic clove

20 baby plum or cherry tomatoes

1 tablespoon softened butter (15g)

¼ teaspoon dried chilli flakes

100g wholewheat spaghetti

2 tablespoons balsamic vinegar (30g)

2 tablespoons rapeseed oil (30g)

100g baby spinach leaves

2 tablespoons finely grated Gran

Moravia cheese (vegetarian Parmesan style alternative) (15g)

small handful fresh basil leaves (5)

salt (optional)

freshly ground black pepper



METHOD

Peel the onion, then cut in half and thinly slice. Peel the garlic and crush the flesh. Cut the tomatoes in half.

Melt the butter in a frying pan over a medium heat. Add the onion, chilli flakes and season lightly with salt (optional) and pepper to taste. Sauté until the onion is tender. Stir in the garlic and reduce the heat to very low and cook for another 8-10 minutes until the onion is golden brown, stirring occasionally.

Bring a large saucepan of water to the boil with a pinch of salt (optional). 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.

Drain the spaghetti into a colander in the sink. Add the halved tomatoes with the vinegar and oil to the onion mixture and then toss with the pasta and spinach – the heat of the pasta will wilt the spinach immediately.

Divide between two wide rimmed bowls and scatter over the cheese, then 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 2 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.



LEEK & BEAN TRAY BAKE WITH CHERRY TOMATOES

Serves 2 (each serving contains approx 380 kcal)

INGREDIENTS

2 leeks
2 fennel bulbs
250g baby new potatoes
200g cherry tomatoes (on the vine)
2 garlic cloves
2 fresh thyme sprigs (5g)
400g tin cannellini beans (240g drained)

250ml vegetable stock (made from ½ a reduced salt cube)
1 tablespoon balsamic vinegar (15g)
1 tablespoon rapeseed oil (15g)
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 slices. Then finely chop the fennel fronds (the frilly green leaves that grow out of the bulb) and reserve for garnish. Cut the baby potatoes in half. Snip the cherry tomato vines into sections – each one with 3-4 cherry tomatoes. Peel and finely grate the garlic. Strip the thyme sprigs off the stems. Drain the cannellini beans in a sieve in the sink and then rinse under cold running water – you'll need 240g.



Put the beans in a small roasting tin and scatter over the leeks, fennel and potatoes. Stir the balsamic vinegar and garlic into the stock and then pour into the tin. Sprinkle over the thyme sprigs.

Drizzle the oil over the tray bake and season with a little salt (optional) and pepper to taste. Roast for 30 minutes, then arrange the cherry tomatoes and cook for another 10 minutes until everything is piping hot and the vegetables are nicely caramelized (all the stock should be evaporated).

Divide tray bake and cherry tomatoes evenly between plates and scatter over the reserved fennel fronds 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.

PEANUT & SWEET POTATO CURRY

Serves 2 (each serving contains approx 480 kcal)

INGREDIENTS

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| 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.



MUSHROOM QUESADILLA

Serves 2 (each serving contains approx 520 kcal)

INGREDIENTS

300g mushrooms (chestnut or ordinary)
1 red onion
1 garlic clove
1 red chilli (optional)
8 small cherry tomatoes
70g Cheddar cheese
1 tablespoon softened butter (15g)
oregano dried or fresh ¼ teaspoon

2 wholemeal wraps
50g baby spinach leaves
50g tinned/frozen sweetcorn (low sugar, low salt)
black beans tinned (30g)
barbecue sauce (bought or homemade)
2 teaspoons
salt (optional)
freshly ground black pepper



METHOD

Preheat the oven to 200C / 400F / gas mark 6. Trim and slice the mushrooms. Cut the red onion in half, then peel and finely chop. Peel and crush the garlic. Cut the chilli into thin rings, if using. Cut the cherry tomatoes in half. Grate the Cheddar cheese.

Heat a non-stick frying pan over a medium to high heat. Add the butter and then sauté the onion for a minute or two until softened. Stir in the garlic and cook for 20 seconds. Tip in mushrooms and add the oregano, then season with a little salt (optional) and pepper to taste. Sauté for another 2-3 minutes until tender.

Arrange the wraps on a baking sheet and scatter over the spinach followed by the mushroom mixture, then sprinkle over the sweetcorn and black beans. Cover with the cheese and sprinkle over the chilli (if using). Place in the oven for 3-4 minutes until the cheese is beginning to melt and the bottom of the wraps are crisped up.

Transfer the mushroom quesadillas to plates and scatter the cherry tomatoes on top, then drizzle over the barbecue sauce to serve.



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.

Serves 2 (each serving contains approx 380 kcal)

INGREDIENTS

100g wholegrain brown rice
1 head of broccoli (you need 400g florets)
120g pak choi
2 garlic cloves
1 knob fresh root ginger (for 1 tablespoon thinly sliced)
100g shitake mushrooms (or use ordinary or chestnut)

20g natural skinned peanuts
1 ½ teaspoons rapeseed oil (7.5g)
¼ teaspoon dried chilli flakes
2 eggs
2 teaspoons reduced sodium soy sauce (10g)
freshly ground black pepper

**METHOD**

Rinse the rice well in a sieve and then add to 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, which this type of recipe is perfect for.

Break off the broccoli into florets and then using a small sharp knife, cut into smaller 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 one tablespoon of ginger. Trim and thinly slice the shitake mushrooms.

Heat a wok or large frying pan over a medium heat. Add the peanuts and stir-fry for a few minutes until toasted. Tip on to a chopping board. Leave to cool and then roughly chop.

Put the wok back on the heat and add half a teaspoon of the oil, swirling up the sides, then tip in the broccoli and stir-fry for 3-4 minutes until tender. 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 garlic, ginger and chilli flakes with the mushrooms for 1-2 minutes until sizzling and lightly golden.

Tip the cooked rice into the wok with the mushrooms 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 eggs. 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 pepper.

Return the cooked broccoli to the wok with the pak choi and then sprinkle over the soy sauce, toss until evenly combined and season with pepper. Continue to cook until everything is piping hot.

Divide the vegetable fried rice between bowls and scatter over the peanuts to serve.

GET AHEAD

This recipe is great for using up leftover cooked rice 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.



CAULIFLOWER & CAPER PASTA

Serves 2 (each serving contains approx 540 kcal)

INGREDIENTS

1 small cauliflower (you need 700g florets)
1 small red onion
2 garlic cloves
10g fresh thyme sprigs
3 tablespoons rapeseed oil (45g)
½ teaspoon dried chilli flakes (optional)

100g wholewheat spaghetti
35g capers (well rinsed)
30g Gran Moravia cheese
salt (optional)
freshly ground black pepper



METHOD

Preheat the oven to 200C / 400F / gas mark 6. Cut the cauliflower into small florets – you'll need 700g in total. Cut the onion in half and peel then cut into slices. Peel and crush the garlic. Strip the thyme leaves from the stems.

Put the oil in a large bowl and add the onion, garlic, thyme and chilli flakes (optional). Tip in the cauliflower and toss until evenly coated. Spread out on a baking sheet lined with parchment paper and season to taste with salt and pepper. Roast for 15-20 minutes or until the cauliflower is piping hot and lightly charred, stirring once to ensure it cooked evenly.

Plunge the spaghetti into a large saucepan of boiling water and cook for 10-12 minutes or until tender or according to packet instructions.

Drain the pasta and return to the pan, fold in the roasted cauliflower mixture with the capers and divide between bowls. Using a vegetable peeler shave over the cheese to serve.

GET AHEAD

The cauliflower and onion can be prepared in advance and kept in a suitable container in the fridge for up to 3 days. The flavoured oil can also be prepared and kept in a screw-topped jar in the fridge until needed. 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.



WEEK 3

DINNER ACCOMPANIMENT

VEGETARIAN BARBECUE SAUCE

Makes 12 servings (each 1 tablespoon (15g) serving contains 15 kcals and there is 3 teaspoons in 1 tablespoon)

INGREDIENTS

1 garlic clove

100g tomato ketchup (no added sugar and salt)

50ml apple cider vinegar

1 tablespoon orange juice (15g)

½ tablespoon honey (7g)

½ tablespoon reduced sodium soy sauce (7g)

MACE

CELEBRATING 60 YEARS OF SERVICE WITH A SMILE

60



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 soy sauce until well combined. Cover with cling film 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.