

CREAMY MUSHROOM PASTA

Serves 2 (each serving contains approx 415 kcal)

INGREDIENTS

120g wholewheat fusilli or penne pasta
1 garlic clove
200g mushrooms (chestnut or ordinary)
1 tablespoon rapeseed oil (15g)
½ vegetable reduced salt stock cube
225ml boiling water
good pinch of dried oregano
½ lemon

125g light cream cheese (such as Philadelphia)
125g baby spinach leaves
salt (optional)
freshly ground black pepper

**METHOD**

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

Peel the garlic and use a garlic press or grate on the fine side of a box grater. Trim the mushrooms and using a small sharp knife cut into slices.

Heat a 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 mushrooms and season with a little salt (optional) and pepper to taste. Cook for another 3-4 minutes until the mushrooms are tender, stirring regularly with a wooden spoon.

Dissolve the stock cube in the boiling water and stir into the pan. Allow to bubble down, then sprinkle over the oregano and add a good squeeze of lemon juice, about half a tablespoon is about right. Bring to a simmer and cook for 6-8 minutes until the liquid has reduced by half. Stir in the light cream cheese and then add the spinach, fistfuls at a time until it is all wilted. Cook for another minute until piping hot.

Drain the pasta and return to the pan, then gently fold in the creamy mushroom and spinach mixture. Divide evenly between two wide rimmed pasta bowls and garnish with a little more freshly ground black pepper to serve.

GET AHEAD

The cooked mushroom and spinach mixture would keep well in an airtight container for up to 3 days in the fridge so you would just need to cook the pasta and then reheat the sauce gently in a small saucepan or in the microwave before using.



VEGETARIAN PAD THAI

Serves 2 (each serving contains approx 490 kcal)

INGREDIENTS

- 100g dried wholewheat noodles
- 2 scallions
- 270g pak choi
- 1 long sweet red pepper
- 1 garlic clove
- 1 small knob of root ginger (you need 5g of finely grated)
- 2 eggs

- 1 ½ teaspoons sesame seeds (7.5g)
- 10 natural skinned peanuts (10g)
- 2 tablespoons rapeseed oil (30g)
- 100g fresh beansprouts
- 1 lime
- 1 tablespoon reduced sodium soy sauce



METHOD

Bring a saucepan of water to the boil over a medium heat. Add the noodles and cook for 4-5 minutes until almost tender or according to instructions on the packet. Drain and quickly refresh under cold running water to prevent further cooking.

Trim and finely shred the scallions and pak choi. Cut the red pepper in half and thinly slice, discarding the core and seeds. Peel and finely grate the garlic and ginger. Break the eggs into a bowl and lightly beat.

Heat a wok or large frying pan over a medium heat. Add the sesame seeds and dry toss until lightly golden. Tip on to a plate and set aside. Add the peanuts and sauté until golden. Tip on to a chopping board, then cool before chopping.

Add half the oil to the wok, then add the garlic and ginger with the scallions, and cook, stirring quickly for 30 seconds. Add the red pepper and continue to stir-fry for another 1-2 minutes until tender but still with a little bite.

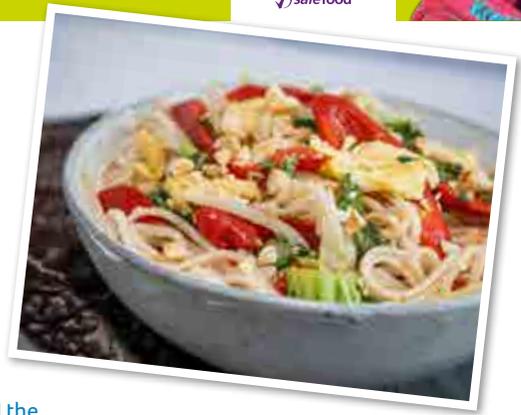
Push to one side and add the remaining oil. Add the eggs and let it sit for 30 seconds, the scramble until cooked.

Add the noodles, with the beansprouts, pak choi and cook for 3 minutes until piping hot. Cut the lime in half and squeeze in the juice, then sprinkle over the soy sauce and toasted sesame seeds and peanuts, tossing until evenly coated.

Divide the Pad Thai among plates and scatter over the peanuts to serve.

GET AHEAD

This can be made in advance and put in an airtight container in the fridge within 2 hours of cooking for up to 2 days. Only reheat once in either a microwave or in a saucepan over a gentle heat when ready to eat. It could also be served cold in a lunchbox – just bring a fork to eat.



MEATLESS SHEPHERD'S PIE

Serves 2 (each serving contains approx 440 kcal)

INGREDIENTS

1 onion
 2 carrots
 2 celery sticks
 2 garlic cloves
 20g butter
 200g Quorn mince (fresh or frozen)
 1 tablespoon plain flour (15g)
 ½ tablespoon tomato puree (7g)
 350ml vegetable stock (made from ½ reduced salt cube)

1 tablespoon reduced sodium soy sauce (15g)
 100g frozen peas
 300g potatoes (Rooster or Maris Piper)
 25ml low fat milk (1.5% fat)
 50g sugar snap peas
 salt (optional)
 freshly ground black pepper

PROUDLY SUPPORTING

RTÉ

Sponsored by
safefood

METHOD

Cut the onion in half and peel off the skin, then finely chop. Peel and dice the carrots along with the celery. Peel the garlic and crush.

Heat a frying pan over a medium heat. Add half of the butter and once it is melted tip in the onion, carrots, celery and garlic, stirring to combine. Cook for about 5 minutes until softened, stirring occasionally with a wooden spoon.

Add the Quorn mince to the pan and cook for another 3-4 minutes or until browned, stirring occasionally and breaking up any lumps with a wooden spoon. Stir in the flour and cook for 1 minute, stirring. Then stir in the tomato puree and allow to cook out for a further minute. Pour in the stock with the soy sauce, stirring to combine. Bring to a simmer and then cook for 4-5 minutes until thickened, stirring occasionally. Stir in the frozen peas and place in a small ovenproof dish. Set aside to allow a skin to form. This will make it easier to spread the potatoes in an even layer on top.



Preheat the oven to 180C / 350F / gas mark 4. Peel and dice the potatoes. Steam with a pinch of salt (optional) for 10-12 minutes or until tender. To check, pierce one with the tip of a sharp knife and you should feel no resistance. Tip into a bowl and mash with a potato masher until smooth. Season with plenty of freshly ground black pepper, then beat in the rest of the butter with the milk. Spoon the mash on top of the mince, starting with dollops around the edges and finishing with the middle. Spread around with a table knife until you have a nice even layer and then bake for 25-30 minutes until piping hot and golden brown.

About 5 minutes before the pie is due to come out of the oven, place the sugar snap peas in a steamer and cook for 1-2 minutes until just tender. Drain and arrange on plates with the meatless Shepherd's pie to serve.

GET AHEAD

This recipe can be made up to 3 days in advance and kept covered with cling film in the fridge ready to cook. 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 once in the oven at 180C / 350F / gas mark 4 covered with tin foil for about 20 minutes or use the microwave – just make sure it is piping hot before serving.

INGREDIENTS

3 courgettes
1 garlic clove
1 large carrot
2 celery sticks
2 tablespoons rapeseed oil (30g)
400g cherry tomatoes
100g baby spinach leaves
250g ricotta cheese

160g wholewheat lasagne sheets
80g grated mozzarella cheese
30g Gran Moravia cheese (vegetarian
Parmesan style alternative)
salt (optional)
freshly ground black pepper
side salad, to serve (see recipe link)

METHOD

Preheat the oven to 200C / 400F / gas mark 6. Trim the courgettes and cut into thin slices lengthways. Peel and crush the garlic.

Peel the carrot and cut into thin slices along with the celery. Place the carrot and celery in a steamer for 6-8 minutes until tender. Place in a bowl and blend to a puree with a hand blender (or if you don't have one you can use a potato masher and plenty of elbow grease!).

Heat a saucepan over a medium heat and add half the oil. Add the garlic and cook for 30 seconds, stirring. Tip in the cherry tomatoes and cook for another 3-4 minutes until the tomatoes have begun to soften.

Stir the carrot and celery puree into the tomato sauce and season lightly with salt (optional) and pepper to taste. Set aside until needed.

Heat the rest of the rapeseed oil in a large frying pan. Sauté the courgettes in batches until tender and slightly browned. Transfer to a plate and continue to cook in batches.

Once all the courgettes have been cooked, add the spinach to the frying pan and allow to wilt down. Tip into a sieve in the sink to drain and then squeeze dry. Finely chop the spinach on a chopping board, and then beat into the ricotta.

Add a third of the tomato sauce to a small deep ovenproof dish. Cover with a layer of the lasagne sheets. Spread over half of the spinach ricotta and then cover with half of the courgettes. Add the remaining two-thirds of the tomato sauce and cover with the rest of the lasagne sheets. Spread the spinach ricotta on top and cover with the rest of the courgettes. Sprinkle over the mozzarella and Gran Moravia cheese. Bake for 40-45 minutes until bubbling and golden, covering with tin foil if you think it is browning too quickly. Leave to settle for 5 minutes, then cut into quarters and arrange on plates with the side salad to serve.

GET AHEAD

This lasagne could be prepared ready to cook up to 3 days in advance and kept covered with cling film in the fridge until ready to cook. The extra portions can be put in the fridge within 2 hours of cooking in an airtight container for up to 3 days. Only reheat once in either a microwave or an ovenproof dish covered with tin foil in a preheated oven 180C / 350F / gas mark 4 for about 20 minutes until piping hot.



WEEK 4 ACCOMPANIMENTS

SIDE SALAD (FOR VEGETARIAN LASAGNE)

Serves 4 (each serving contains approx 65 kcal)

INGREDIENTS

160g baby spinach leaves
2 ripe tomatoes
½ cucumber
2 tablespoons vinaigrette salad dressing
(see recipe link or use
shop-bought – 30g)

METHOD

Put the spinach leaves in a bowl. Dice the tomato and cucumber and scatter on top. Dress with the vinaigrette, tossing to coat and arrange on plates to serve.

GET AHEAD

The salad can be kept in an airtight container for up to 1 day in the fridge with the vinaigrette in a separate small container. Dress just before serving and bring a fork if transporting.

MACE

60

CELEBRATING 60 YEARS OF SERVICE WITH A SMILE



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, if using 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.

**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)
small handful fresh basil leaves (5g)
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 evenly between wide rimmed pasta 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.



MEDITERRANEAN OMELETTE

WITH MIXED SALAD

Serves 2 (each serving contains approx 400 kcal)

INGREDIENTS

50g baby spinach leaves
14 cherry tomatoes
1/4 cucumber
1 teaspoon vinaigrette salad dressing
(see recipe link – 5g)
1 yellow pepper
1 red pepper

1 tablespoon rapeseed oil (15g)
5 eggs
25ml low fat milk (1.5% fat)
20g 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, then drizzle over half a teaspoon of dressing. Set aside.

Cut the red and yellow peppers in half and remove the seeds and cores, then cut into thin slices. Heat a teaspoon of the oil in a frying pan over a medium heat and cook the peppers for 8-10 minutes until tender, stirring occasionally with a wooden spoon.

Break the eggs into a bowl and add the milk, then season with a little salt (optional) and pepper to taste. 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 place 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 the sautéed peppers down the middle and then sprinkle half of 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 and fold again.

Take the frying pan to the plate 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 immediately. Repeat with the rest of the oil, egg mixture and peppers 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.



CHINESE TOFU & PAK CHOI WITH NOODLES

Serves 2 (each serving contains approx 500 kcal)

INGREDIENTS

100g dried wholewheat noodles

150g firm tofu

2 garlic cloves

1 small knob of root ginger (you need 5g

matchsticks)

1 red chilli (optional)

2 leeks

270g pak choi

2 tablespoons rapeseed oil (30g)

2 tablespoons hoisin sauce (from a bottle or jar – 30g)

1 ½ tablespoons reduced sodium soy sauce (22.5g)

PROUDLY SUPPORTING

RTÉSponsored by
safefood**METHOD**

Bring a saucepan of water to the boil over a medium heat. Add the noodles and cook for 4-5 minutes until almost tender or according to instructions on the packet. Drain and quickly refresh under cold running water to prevent further cooking.

Drain the tofu and pat dry well with kitchen paper and then cut into bite-sized pieces. Peel and thinly slice the garlic. Peel the ginger and cut into long thin matchsticks – you need 5g in total. Cut the chilli into rings (if using).

Heat a wok or large frying pan over a medium heat. Meanwhile, trim the leeks and then cut into thin slices. Slice the pak choi.

Add half the oil to the heated wok, swirling to coat it up the sides. Add the garlic, ginger and chilli, if using and stir-fry for 20 seconds. Add the leeks and stir-fry for another 1-2 minutes.

Add the rest of the oil to the wok and then tip in the tofu and stir-fry for another 2-3 minutes until crisp and golden brown.

Tip the cooked noodles into the tofu and vegetable mixture with the pak choi, hoisin and soy sauce and stir-fry for 1 minute or until everything is cooked through and piping hot.

Divide evenly between two bowls to serve.

GET AHEAD

Prep the vegetables up to 3 days in advance and store in a suitable container so that everything is ready to be cooked. The tofu will have to be done at the last minute as it can develop a sour flavour if prepared too early. Leftover portions of this recipe can be stored in an airtight container and can be reheated once when ready to eat in the microwave or served cold – just bring a fork with you if transporting.

