

VEGETABLE KORMA

Serves 2 (each serving contains approx 500 kcal)

INGREDIENTS

80g wholegrain brown rice
 1 small onion
 1 garlic clove
 750g mixed vegetables (carrot, broccoli and cauliflower)
 1 tablespoon rapeseed oil (15g)
 1 ½ teaspoons curry powder or paste (7.5g)
 200g tin chopped tomatoes (or use ½ a

400g tin)
 ½ teaspoon tomato puree (2.5g)
 5 tablespoons water (75ml)
 75g natural yoghurt (3% fat)
 2 tablespoons ground almonds (30g)
 5g fresh coriander sprigs
 salt (optional)
 freshly ground black pepper



METHOD

Rinse the rice well in a sieve and then add to the pan with 250ml 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 cook to packet instructions).

Peel the onion, then cut in half and finely chop. Peel and crush the garlic. Prepare the vegetables – peel and cut the carrots into thin slices and break the broccoli and cauliflower into small florets – you'll need 600g once trimmed.

Heat a frying pan over a medium heat. Add the oil and sauté the onion and garlic for 6-8 minutes until golden brown.

Stir in the curry powder or paste and cook for another minute, stirring. Add the tomatoes and tomato puree with the water. Stir to combine, then reduce the heat and simmer for about 15 minutes until the sauce is so well reduced that it is almost sticking to the bottom of the pan and the oil has separated out on the surface, stirring occasionally. Season lightly with salt (optional) and pepper.

Add the mixed vegetables to the pan and slowly bring to the boil, then reduce the heat and simmer gently for about 15 minutes or until all the vegetables are cooked through and tender. Remove from the heat and stir in the yoghurt and almonds.

Spoon the vegetable korma into bowls with the rice and scatter over the coriander to serve.

GET AHEAD

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



NUTTY FRIED RICE WITH SATAY SAUCE

Serves 2 (each serving contains approx 470 kcal)

INGREDIENTS

80g wholegrain brown rice
1 tablespoon reduced sodium soy sauce (15g)
1 tablespoon natural peanut butter (15g) – preferably crunchy with no added sugar & salt – check the label the sugar should be no more than 5g per 100g)
1 teaspoon rice vinegar (5g)

1 tablespoon water
1 teaspoon sesame seeds (5g)
1 small head of broccoli (200g florets)
300g mushrooms (chestnut or ordinary)
25g unsalted cashew nuts
1 tablespoon rapeseed oil (15g)
1 egg
freshly ground black pepper



METHOD

Rinse the rice well in a sieve and then put in a saucepan with 250ml of water. Bring to the boil, then reduce the heat and cover with a lid. Simmer for 15 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.

To make the satay sauce, mix two teaspoons of the soy sauce in a small bowl with the peanut butter, vinegar, water and the sesame seeds Set aside until needed.

Break off the broccoli into florets and then cut into small bite-sized florets. Trim the mushrooms and cut into slices.

Heat a wok or large frying pan over a medium heat. Dry roast the cashew nuts, tossing regularly until evenly coloured. Tip on to the chopping board and once they have cooled down, roughly chop.

Add one teaspoon of the oil to the wok and swirl up the sides, then tip in the broccoli and mushrooms 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. Tip in the cooked rice and stir-fry for a few minutes until piping hot. Break the egg 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 pepper to taste.

Return the cooked vegetables to the wok with the cashew nuts and sprinkle over the remaining teaspoon of soy sauce, toss until evenly combined and season with pepper. Continue to cook until piping hot. Divide between bowls and drizzle over the satay sauce 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. The satay sauce will also keep in a small pot in the fridge. Both can be transported and either eaten at room temperature or heated once in the microwave. If transporting bring a fork with you.



MUSHROOM AND GOAT'S CHEESE PIZZA

Serves 2 (each serving contains approx 500 kcal)

INGREDIENTS

140g mushrooms (chestnut or ordinary)
1 small red onion
1 small red pepper
1 readymade pizza base (120g)
100g pizza sauce (from a can or jar)
125g fresh goat's cheese
side salad, to serve (see recipe link)



METHOD

Preheat the oven to 200C / 400F / gas mark 6. Trim and thinly slice the mushrooms. Cut the red onion in half, then peel off the skin and thinly slice. Cut the red pepper in half, remove the core and seeds and thinly slice.

Spread the pizza base with the pizza sauce and arrange the mushrooms, red onion and red pepper on top. Crumble over the goat's cheese and place in the oven directly on the oven shelf for 10-12 minutes until piping hot and golden.

Transfer back on to the chopping board and cut into slices. Arrange on plates with the salad to serve.



GET AHEAD

Make the pizza up to 2 days in advance and put it back on to the cardboard from the packet. Wrap in cling film and chill in the fridge until ready to cook.

WEEK 5 ACCOMPANIMENTS

SIDE SALAD (FOR VEGETARIAN LASAGNE)

Serves 2 (each serving contains approx 65 kcal)

INGREDIENTS

80g baby spinach leaves
1 ripe tomato
¼ cucumber
1 tablespoon vinaigrette salad dressing
(see recipe link or use
shop-bought – 15g)

MACE

60

CELEBRATING 60 YEARS OF SERVICE WITH A SMILE



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 in the fridge with the vinaigrette in a separate small container. Dress just before serving and bring a fork if transporting.

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.

EMILY'S FETA CHEESE COUSCOUS

Serves 2 (each serving contains approx 345 kcal)

INGREDIENTS

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| 160ml boiling water | 1 lemon |
| 80g couscous (wholemeal if possible) | 1 red chilli (optional) |
| 125g packet baby courgettes (or use 1 courgette) | 1 teaspoon rapeseed oil (5g) |
| 250g green beans | 50g baby spinach leaves |
| 15g fresh flat-leaf parsley | salt (optional) |
| 15g snipped fresh chives | freshly ground black pepper |
| 100g feta cheese | |



METHOD

Pour the boiling water over the couscous. Cover with cling film and set aside for 5 minutes.

Using a vegetable peeler, shave the baby courgettes into ribbons. Trim down the green beans, then cut in half. Place the green beans in a steamer and season lightly with salt (optional). Steam the green beans for 2 minutes, then add the courgettes and steam for another 1 minute.



Strip the leaves from the parsley and finely chop. Snip the chives into small pieces. Crumble the feta and cut the lemon in half, then cut one half into wedges. Cut the red chilli in half (optional) then remove the seeds and finely chop.

Fluff up the couscous with a fork and fold in enough lemon juice to taste along with the herbs and oil and then gently fold in the steamed vegetables with the feta cheese, spinach leaves and chilli (optional). Season with pepper.

Arrange Emily's vegetable couscous in bowls and add a lemon wedge to each one 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 3 days. Only reheat once when ready to eat in a microwave or a saucepan over a gentle heat. It could also be served cold packed into a lunchbox. If transporting bring cutlery with you.

BUTTERNUT MAC 'N' CHEESE

Serves 2 (each serving contains approx 440 kcal)

INGREDIENTS

1 butternut squash
1 small onion
1 tablespoon softened butter (15g)
20g plain flour
270ml low fat milk (1.5% fat)
1 teaspoon English mustard (5g)
100g macaroni pasta
40g Cheddar cheese

50g sugar snap peas
salt (optional)
freshly ground black pepper

METHOD

Peel the butternut squash and then cut in half and remove the seeds. Dice the flesh and steam for 10-12 minutes or until tender when pierced with the tip of a sharp knife. Tip into a bowl and blend to a puree with a hand blender (or if you don't have one, mash to a rough puree with a fork or a potato masher).

Cut the onion in half, then peel and very finely chop. Melt the butter in a small saucepan over a medium to low heat. Sauté the onion for 2-3 minutes until softened but not coloured.

Stir in the flour and cook for 1 minute, stirring quickly with a wooden spoon to make a smooth glossy paste (which is called a roux). Remove from the heat and gradually pour in the milk, whisking until smooth after each addition. Season lightly with salt (optional) and plenty of freshly ground black pepper. Bring to the boil, then reduce the heat and simmer gently for 5 minutes, stirring occasionally, until smooth and thickened. Add the mustard, then grate in the cheese and remove from the heat, then stirring until melted.

Preheat the oven to 180C / 350F / gas mark 4. Bring the macaroni to the boil in a large saucepan of boiling water with a pinch of salt (optional) then reduce the heat and cook for 7-8 minutes or according to packet instructions. Drain in a colander in the sink and return to the pan. Fold in the cheese sauce with the butternut puree until evenly combined.

Transfer to two 300ml individual ovenproof dishes (or just use one large one). Bake in the oven for 20-25 minutes until bubbling and lightly golden.

When the mac 'n' cheese is almost ready. Place the sugar snap peas in a steamer and cook for 1-2 minutes until just tender. Arrange the butternut mac 'n' cheese on plates and season with pepper. Put the sugar snap peas alongside to serve.

GET AHEAD

This can be made in advance and kept covered in the fridge within 2 hours of cooking for up to 3 days until needed. It could also be easily doubled up so that you have portions for another day. Simply give it an extra 10 minutes in the oven if cooking it from fridge cold and cover with tin foil if you think that it is browning too quickly.



MOO SHU TOFU

Serves 2 (each serving contains approx 420 kcal)

INGREDIENTS

80g wholegrain brown rice
1 garlic clove
1 ½ tablespoons hoisin sauce (22.5g)
1 ½ tablespoons rice vinegar (22.5g)
200g firm tofu
200g piece white cabbage
3 scallions
1 large carrot

200g shitake mushrooms (or use chestnut or ordinary)
1 little Gem lettuce
1 tablespoon rapeseed oil (15g)
4 tablespoons water (60g)
salt (optional)
freshly ground black pepper

METHOD

Rinse the rice well in a sieve and then put in a saucepan with 250ml 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 cook to packet instructions).

Peel and crush the garlic and whisk in a shallow non-metallic dish with the hoisin and vinegar. Season to taste with salt (optional) and pepper. Drain the tofu and dry it well with kitchen paper and then cut into thin bite-sized pieces. Stir into the sauce and set aside for 10 minutes to marinate, if time allows.

Meanwhile, shred the cabbage and scallions. Finely shred or grate the carrot – you'll need at least 150g. Trim and slice the mushrooms. Break the lettuce into leaves and trim down as necessary so that you end up with 6 even-sized leaves in total.

Heat a wok or large frying pan over a medium-high heat. Add half the oil, swirling up the sides. Using a tongs, add the tofu (reserving the marinade). Stir-fry for 3-4 minutes until cooked through and lightly browned. Transfer to a plate. Add in the water and stir with the pan juices to combine, then pour over the cooked tofu. Set aside.

Wipe out the wok and add the rest of the oil, swirling up the sides. Add the mushrooms and season lightly with salt (optional) and pepper to taste. Stir-fry for 2 minutes until golden. Add the cabbage and carrot and continue to stir-fry for 1-2 minutes until wilted.

Return the cooked tofu and juices to the wok with any remaining marinade and half of the scallions. Stir-fry for another minute until piping hot.

Divide the tofu mixture amongst the lettuce leaves and arrange on plates with the rice. Scatter over the rest of the scallions to serve.

GET AHEAD

If time allows marinate the tofu in a non-metallic dish covered with cling film for up to 1 day in the fridge. Prepare the vegetables and keep in a suitable container ready to cook in the fridge for up to 2 days to save time before cooking. Leftover portions of this recipe can be put in the fridge within 2 hours of cooking and can be stored in an airtight container for up to 2 days before putting into the lettuce leaves. Only reheat once when ready to eat in the microwave or serve cold in a lunchbox – just pack the tofu mixture and lettuce leaves separately.



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 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, 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 when ready to eat in the microwave or in a saucepan over a gentle heat. It could also be served cold in a lunchbox – just bring a fork to eat.

