

## MOROCCAN CHICKPEA &amp; VEGETABLE STEW

Serves 2 (each serving contains approx 510 kcal)

## INGREDIENTS

1 red onion	1 teaspoon ground cumin
1 potato (200g)	¼ teaspoon dried red chilli flakes
3 carrots (you need 200g)	600ml vegetable stock (from 1 reduced salt stock cube)
½ small head cauliflower (you need 200g florets)	200g tin chopped tomatoes (or use ½ 400g tin)
2 garlic cloves	10g fresh coriander
400g tin chickpeas (240g drained)	salt (optional)
1 lemon	freshly ground black pepper
1 tablespoon rapeseed oil (15g)	



## METHOD

Cut the onion in half, then peel and finely chop. Peel and dice the potato. Peel the carrots and cut into thin slices. Cut the cauliflower into small florets – you need 200g in total. Peel and crush the garlic. Drain the chickpeas in a colander in the sink and rinse under cold running water. Finely grate one teaspoon of the lemon rind, then cut the lemon in half and reserve to use later.

Heat a wok or a frying pan with a lid over a medium to high heat. Add the oil and sauté the onion for 2-3 minutes until softened but not coloured. Stir in the garlic with the spices and lemon rind and cook for another minute, stirring. Stir in the potato, carrots and cauliflower and sauté for another 2-3 minutes. Pour in the stock and add the tomatoes, then bring to a simmer. Season lightly with a little salt (optional) and pepper to taste.

Reduce the heat and add the chickpeas. Cover with a lid and simmer for 10 minutes until the vegetables are just tender when pierced with a knife and everything is piping hot.

Strip off the leaves from the coriander and finely chop. Cut the lemon in half. Stir the coriander into the stew with enough of the lemon juice to taste.

Divide the Moroccan chickpea and vegetable stew between bowls to serve.

## GET AHEAD

This stew 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 the microwave or in a saucepan over a gentle heat.



**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)  
1 tablespoon rapeseed oil (15g)  
250ml vegetable stock (made from ½  
reduced salt stock cube)  
1 tablespoon balsamic vinegar (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 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 the leeks, fennel and potatoes. Stir the balsamic vinegar and garlic into the stock and then pour into the tin. Scatter over the thyme sprigs.

Drizzle the oil over the tray bake and season lightly 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 piping hot and tender and the vegetables are nicely caramelized (all the stock should be evaporated).

Divide the leek and bean tray bake with cherry tomatoes 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.

## VEGETABLE COCONUT CURRY WITH TOFU

Serves 2 (each serving contains approx 560 kcal)

## INGREDIENTS

80g wholegrain brown rice  
 1 bunch of scallions  
 4 carrots  
 200g green beans  
 150g firm tofu  
 1 tablespoon rapeseed oil (15g)  
 ½ teaspoon curry paste or powder  
 ¼ teaspoon ground turmeric  
 ¼ teaspoon chilli powder

160g tin coconut milk  
 salt (optional)  
 freshly ground black pepper

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## METHOD

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.

Trim down the scallions and finely chop. Peel the carrots and cut into thin slices and trim from the green beans and cut each one in half. Dry the tofu well with kitchen paper and then cut into bite-sized pieces.

Heat a wok or frying pan over a medium to high heat and then add the oil and swirl up the sides. Cook the tofu for 2-3 minutes until lightly golden and crisp. Using a slotted spoon, transfer to a plate and set aside.

Add most of the scallions to oil left in the wok, reserving a little for garnishing, then tip in the carrots and stir-fry for 2-3 minutes. Stir in the curry paste or powder with the other spices and cook for 1 minute, stirring. Season lightly with salt (optional) and pepper to taste and then stir in the coconut milk. Cover with a lid and continue to cook for 3-4 minutes. Then remove the lid and stir in the green beans. Return the lid and cook for 3 minutes. Fold in the tofu and continue to cook until everything is piping hot.

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

## GET AHEAD

This curry could be made in advance, left to cool and put in an airtight container in the fridge within 2 hours of cooking for up to 3 days. Just ensure that the rice is chilled down and stored in a separate airtight container within 2 hours. Reheat in the microwave once or separately in saucepans over a gentle heat and bring a fork if transporting.



## LENTIL CHILLI

Serves 2 (each serving contains approx 490 kcal)

### INGREDIENTS

1 small onion  
1 carrot  
1 celery stick  
1 red pepper  
200g tin black beans (or use ½ 400g tin – you need 120g)  
225g dried red lentils  
60g wholegrain brown rice  
1 tablespoon rapeseed oil (15g)  
½ teaspoon ground cumin

1 teaspoon chilli powder  
450ml vegetable stock (made from ¾ reduced salt stock cube)  
400g tin chopped tomatoes  
5g fresh coriander leaves  
salt (optional)  
freshly ground black pepper



### METHOD

Cut the onion in half, then peel and finely chop. Peel the carrot and finely chop with the celery. Cut the pepper in half, then remove the seeds and core, then dice the flesh. Drain the black beans in a sieve in the sink and then rinse very well under cold running water – you need 120g in total. Rinse the lentils in a sieve under cold running water as well.

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 to low 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.

Heat the oil in a frying pan over a medium heat and sauté the vegetables for 8-10 minutes until softened and lightly golden. Stir in the spices and cook for another minute.

Stir the lentils into the vegetable mixture and pour in the stock and tomatoes. Give everything a good stir and cover with a lid. Reduce the heat to low and simmer gently for 30 minutes until the lentils are almost tender and everything is piping hot.

Stir the black beans into the lentil mixture and season lightly with a little salt (optional) and pepper to taste. Remove the lid and simmer gently for another 5 minutes until everything is piping hot.

Fluff up the rice and then divide between bowls or plates and add lentil chilli. Scatter 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	5 eggs
14 cherry tomatoes (100g)	25ml low fat milk (1.5% fat)
1/4 cucumber	50g ricotta cheese
1 teaspoon vinaigrette salad dressing (see recipe link or use shop-bought - 5g)	salt (optional)
200g mushrooms (chestnut or ordinary)	freshly ground black pepper
1 tablespoon rapeseed oil (15g)	

#### **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.



**NUTTY FRIED RICE WITH SATAY SAUCE**

Serves 2 (each serving contains approx 470 kcal)

**INGREDIENTS**

- |   |  |
|---|--|
| 80g wholegrain brown rice   | 1 tablespoon water                               |
| 1 tablespoon reduced sodium soy sauce (15g)   | 1 teaspoon sesame seeds (5g)                     |
| 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 small head of broccoli (you need 200g florets) |
| 1 teaspoon rice vinegar (5g)  | 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 (optional). 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 work 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.



### SPINACH & FETA FRITTATA

Serves 2 (each serving contains approx 400 kcal)

#### INGREDIENTS

1 small onion  
1 potato (such as Rooster or Maris Piper – 200g)  
1 red pepper  
1 tablespoon softened butter (15g)  
4 eggs  
4 tablespoons low fat milk (1.5% fat – 60ml)

50g feta cheese  
small handful of fresh basil leaves (5g)  
25g baby spinach leaves  
50g mixed salad leaves  
salt (optional)  
freshly ground black pepper

#### METHOD

Cut the onion in half and peel off the skin, then finely chop. Peel and dice the potato. Cut the red pepper in half and remove the seeds and core before discarding, then dice.

Heat a large frying pan over a medium heat. Add the butter and then tip in the onion and sauté for 2-3 minutes until well softened, stirring occasionally with a wooden spoon. Add the potato and red pepper and continue to cook for 6-8 minutes until the potato is just tender when pierced with a sharp knife, stirring regularly to ensure that it doesn't catch at the bottom of the pan.

Meanwhile, break the eggs into a bowl and add the milk. Season lightly with salt (optional) and pepper to taste. Beat lightly with a fork until just combined, then crumble in the feta cheese and tear in the basil. Set aside.

Once the potato is cooked, add the spinach to the onion mixture a handful at a time, stirring until wilted. Spread out the vegetables evenly in the pan and then pour over the egg mixture. Reduce the heat to low and cook gently for 10 minutes until the frittata is softly set and golden underneath.

Meanwhile, preheat the grill to medium and then put the frittata under for a minute or two until the top is piping hot and golden. Cut into slices and serve on plates with the salad leaves.

#### GET AHEAD

This frittata can be made in advance and served at room temperature on the day it was made or kept covered with cling film on a plate in the fridge for up to 2 days and served cold or reheated in the microwave. If transporting bring cutlery with you.



**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.