

Main Plan

WEEK 3 DAY 6 Tuesday 28th January



DINNER Vegetable Fried Rice with Chicken

Serves 2 (each serving contains approximately 437 kcal)

The Ingredients

- 100g wholegrain brown rice
- 1 head of broccoli (you need 400g florets)
- 120g pak choy
- 2 garlic cloves
- 1 knob of root ginger (you need 1 tablespoon thinly sliced)
- 2 scallions
- 1 rindless bacon rasher (well trimmed)
- 1 1/2 teaspoons rapeseed oil (7.5g)
- 1/4 teaspoon dried chilli flakes
- 2 eggs
- 2 teaspoons reduced sodium soy sauce (10g)
- 100g cooked diced chicken (leftovers or shop-bought)
- freshly ground black pepper

The Method

Rinse the rice well in a sieve and then put in 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 that has been cooled and stored in the fridge within 2 hours of cooking, which this type of recipe is perfect for.

Break off the broccoli into florets and then cut into small bite-sized florets – you will need 400g in total. Trim the pak choy and cut into slices. Peel and thinly slice the garlic and ginger – you will need about one tablespoon of ginger. Trim and thinly slice the scallions. Snip the tasher into a small bowl and set aside.

Heat a wok or large frying pan over a medium heat. Add half a teaspoon of the oil to the wok and swirl up the sides, then tip in the broccoli and stir-fry for 3–4 minutes until just tender but still with bite. 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 bacon, garlic, ginger and chilli flakes for 1–2 minutes until sizzling and lightly golden.

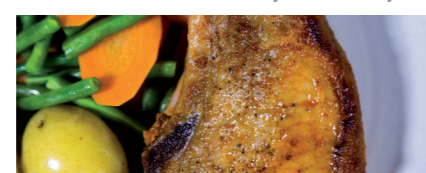
Tip the cooked rice into the wok and stir-fry for a few minutes until piping hot. Break the eggs into a bowl and lightly beat, then make a well in the centre of the heated rice and then tip in the egg. Leave for 20 seconds or so until it starts to set, then begin to gently break up with a wooden spoon and toss until evenly combined. Season with plenty of freshly ground black pepper.

Return the cooked broccoli to the wok with the cooked chicken and pak choy and then sprinkle over the soy sauce, toss until evenly combined and piping hot. Season with pepper and divide among bowls to serve.

Prepare Ahead

This recipe is great for using up leftover cooked rice and chicken 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.

WEEK 3 DAY 7 Wednesday 29th January



DINNER Smoky Pork Chops with Baby Potatoes & Green Beans

Serves 2 (each serving contains approximately 470 kcal)

The Ingredients

- 2 pork loin chops (well trimmed)
- 2 teaspoons rapeseed oil (10g)
- 1/2 teaspoon smoked or sweet paprika
- 300g baby new potatoes
- 3 carrots
- 200g green beans
- salt (optional) and freshly ground black pepper

The Method

Preheat the grill to medium and line the grill rack with tin foil. Mix the oil in a small bowl with the paprika and season lightly with salt, if using and plenty of freshly ground black pepper. Brush all over the pork chops and

then arrange on the lined grill rack. Cook for 10–12 minutes, turning once or until piping hot with no pink meat and the juices run clear. Then transfer to plates keep warm in a low oven 110C / 225F / gas mark 1/4 to rest for 5 minutes.

Put the potatoes in a saucepan half filled with water over a medium heat and add a pinch of salt, if using (or use a two-tiered steamer if you have one). 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.

Meanwhile, peel the carrots and cut into thin slices. Trim the green beans and cut each one in half. Steam the carrots for 5 minutes with the green beans tipped on top until all of the vegetables are tender.

Check that the vegetables are cooked and if they are take the pork out of the oven with an oven glove and tip on the carrots and green beans. Add the potatoes and serve at once.

Prepare Ahead

Prepare the pork chops and brush with the flavoured oil, then cover with cling film and store in the fridge on the bottom shelf for up to 2 days. Prepare the carrots and green beans and keep in a suitable container ready to cook in the fridge for up to 2 days to save time before cooking.



Vegetarian Plan

WEEK 3 DAY 6 Tuesday 28th January



DINNER Vegetable Fried Rice

Serves 2 (each serving contains approximately 380 kcal)

The Ingredients

- 100g wholegrain brown rice
- 1 head of broccoli (you need 400g florets)
- 120g pak choy
- 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 1/2 teaspoons rapeseed oil (7.5g)
- 1/4 teaspoon dried chilli flakes
- 2 eggs
- 2 teaspoons reduced sodium soy sauce (10g)
- freshly ground black pepper

The 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 choy 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 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 plenty of pepper.

Return the cooked broccoli to the wok with the pak choy 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.

Prepare Ahead

This recipe is great for using up leftover cooked rice that has been cooled 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.

WEEK 3 DAY 7 Wednesday 29th January



DINNER Cauliflower & Caper Pasta

Serves 2 (each serving contains approximately 540 kcal)

The Ingredients

- 1 small cauliflower (you need 700g florets)
- 1 small red onion
- 2 garlic cloves
- 10g fresh thyme sprigs
- 3 tablespoons rapeseed oil (45g)
- 1/2 teaspoon dried chilli flakes (optional)
- 100g wholewheat spaghetti
- 35g capers (well rinsed)
- 30g Gran Moravia cheese (vegetarian Parmesan style alternative)
- salt (optional) and freshly ground black pepper

The 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.

Prepare 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.



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