Main Plan

The 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) and freshly ground black pepper

The 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.

Prepare Ahead
This dressing will last up to 3 days if stored in the fridge.

WEEK 4 DAY 5 Monday 3rd February

DINNER Caramelised Onion & Garlic Pasta with Spinach

Serves 2 (each serving contains approximately 480 kcal)

The 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) and freshly ground black pepper

The 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.

Prepare 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.

WEEK 4 DAY 6 Tuesday 4th February

DINNER Sweet Chilli Chicken with Mixed Pepper Stir-Fry

Serves 2 (each serving contains approximately 450 kcal)

The Ingredients
2 skinless and boneless chicken fillets
4 tablespoons sweet chilli sauce (60g - from a bottle)
350g baby new potatoes
1 red pepper
1 yellow pepper
1 green pepper
2 teaspoons rapeseed oil (10g)
salt (optional) and freshly ground black pepper

The Method
Preheat the oven to 180C / 350F / gas mark 4. Place the chicken fillets in a small ovenproof dish that they will fit into snugly and spoon over the sweet chilli sauce, turning to coat them evenly. Cover tightly with tin foil and place in the oven for 20 minutes until piping hot with no pink meat and the juices run clear. Remember to wash hands and equipment with warm soapy water.

Meanwhile, place the potatoes in a steamer for 15–20 minutes or until tender.

Heat a wok or large frying pan over a medium to high heat. Cut each pepper in half and remove and discard the seeds and cores, then thinly slice.

Add the oil to the wok and swirl up the sides, then add the peppers and stir-fry for a couple of minutes until the peppers begin to pick up a bit of colour. Season lightly with salt (optional) and plenty of freshly ground black pepper.

Arrange the sweet chilli chicken on plates and spoon over any remaining sauce that is left in the bottom of the dish. Arrange the mixed pepper stir-fry alongside with the steamed baby potatoes to serve.

Prepare Ahead
If time allows marinate the chicken fillets in the sweet chilli sauce in a non-metallic dish covered with cling film for up to 3 days on the bottom shelf of the fridge, which will tenderise the meat. Slice the peppers and keep in a suitable container ready to cook in the fridge for up to 3 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 3 days. Only reheat once in the microwave when ready to eat or serve cold – just bring a fork with you.

WEEK 4 DAY 7 Wednesday 5th February

DINNER Chinese Beef & Pak Choi

Serves 2 (each serving contains approximately 445 kcal)

The Ingredients
2 leeks
270g pak choi
2 garlic cloves
1 small knob of root ginger (you need 5g matchsticks)
1 red chilli (optional)
200g sirloin steak (well trimmed)
100g dried wholewheat noodles
2 teaspoons rapeseed oil (10g)
2 tablespoons hoisin sauce (30g)
1 ½ tablespoons reduced sodium soy sauce (22.5g)

The Method
Trim and thinly slice the leeks. Thinly slice the pak choi. Peel the garlic and cut into thin slices. Peel the ginger and cut into matchsticks. Thinly slice the chilli into rings (if using). Cut the sirloin steak into strips and place in a bowl.

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.

Heat a wok or large frying pan over a medium to high heat. Add the oil and swirl up the sides, then tip in the garlic, ginger and chilli, if using and stir-fry for 20 seconds. Add the leeks and stir-fry for 3-4 minutes until tender.

Tip in the steak and stir-fry for another 2–3 minutes until piping hot. Mix in the noodles and pak choi until heated through. Drizzle over the hoisin and soy sauce and continue to toss until evenly coated. Divide between bowls to serve.

Prepare Ahead
Everything can be prepped up to 3 days in advance and stored in a suitable container in the fridge (keeping the meat on the bottom shelf separate) so you have everything assembled and ready to go. Any leftovers can be put in the fridge within 2 hours of cooking and can be stored in an airtight container for up to 3 days. Only reheat once in a microwave when ready to eat or serve cold. If transporting bring cutlery with you.

Vegetarian Plan

The 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.

Prepare Ahead
This dressing will last up to 3 days if stored in the fridge.

WEEK 4 DAY 5 Monday 3rd February

DINNER Caramelised Onion & Garlic Pasta with Spinach

Serves 2 (each serving contains approximately 480 kcal)

The 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) and freshly ground black pepper

The 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.

Prepare 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.

WEEK 4 DAY 6 Tuesday 4th February

DINNER Mediterranean Omelette with Mixed Salad

Makes 2 (each omelette contains approximately 400 kcal)

The 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) and freshly ground black pepper

The 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.

WEEK 4 DAY 7 Wednesday 5th February

DINNER Chinese Tofu & Pak Choi with Noodles

Serves 2 (each serving contains approximately 500 kcal)

The 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)

The 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.

Prepare 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.

WEEK 4 DAY 7 Wednesday 5th February

DINNER Chinese Tofu & Pak Choi with Noodles

Serves 2 (each serving contains approximately 500 kcal)

The 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)

The 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.

Prepare 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.

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SHOPPING LISTS – WEEK 4 AND 5
Main and Vegetarian Plans

Week 4
30th January – 5th February

Dinner **Main Plan** Shopping List
(herbs can be fresh or dried and always remember to wash raw vegetables)

Fruit & Vegetables
- ☐ Baby new potatoes (350g)
- ☐ Baby spinach leaves (360g)
- ☐ Baby plum or cherry tomatoes (20 + 400g cherry tomatoes)
- ☐ Basil (5)
- ☐ Beansprouts (100g)
- ☐ Carrots (7 + 1 large)
- ☐ Celery sticks (4)
- ☐ Chives (5g – if making vinaigrette)
- ☐ Courgettes (3)
- ☐ Cucumber (½)
- ☐ Flat-leaf parsley (5g)
- ☐ Garlic cloves (8)
- ☐ Green pepper (1)
- ☐ Leeks (2)
- ☐ Lime (1)
- ☐ Onion (1 + 1 small)
- ☐ Pak choi (540g)
- ☐ Potatoes (Rooster or Maris Piper – 300g)
- ☐ Red chilli (optional – 1)
- ☐ Red onion (1 small)
- ☐ Red pepper (1)
- ☐ Root ginger (1 knob – you need 5g of finely grated + 5g of matchsticks)
- ☐ Rosemary (5g or use dried)
- ☐ Sage (5g – or use 2.5g dried)
- ☐ Scallions (3)
- ☐ Sugar snap peas (50g)
- ☐ Tomatoes (2 ripe)
- ☐ Yellow pepper (1)

Fresh/Frozen Produce
- ☐ Butter (35g)
- ☐ Chicken fillets (skinless – 2)
- ☐ Chicken thighs (skinless still on the bone - 4)
- ☐ Eggs (2)
- ☐ Frozen peas (100g)
- ☐ Gran Moravia cheese (or another vegetarian Parmesan style alternative – 45g)
- ☐ Grated mozzarella cheese (80g)
- ☐ Lean steak mince (200g)
- ☐ Low fat milk (1.5% fat – 25ml)
- ☐ Raw tiger prawns (160g)
- ☐ Ricotta cheese (250g)
- ☐ Sirloin steak (well trimmed – 200g)

Dried Goods
- ☐ Balsamic Vinegar (30g + 30g if making vinaigrette)
- ☐ Dried chilli flakes (1.25g)
- ☐ Freshly-ground black pepper
- ☐ Hoisin sauce (30g)
- ☐ Honey (5g – if making vinaigrette)
- ☐ Pitted green olives (35g)
- ☐ Plain flour (15g)
- ☐ Rapeseed oil (120g + 50g if making own vinaigrette – cold-pressed for a stronger flavour)
- ☐ Reduced salt chicken stock cube (1/2)
- ☐ Reduced sodium soy sauce (37.5g)
- ☐ Salt (if using)
- ☐ Sesame seeds (7.5g)
- ☐ Sweet chilli sauce (from a bottle – 60g)
- ☐ Tomato puree (22.5g)
- ☐ Wholegrain mustard (15g – if making vinaigrette)
- ☐ Wholewheat noodles (dried – 200g)
- ☐ Worcestershire sauce (15g)
- ☐ Wholewheat lasagne sheets (160g)
- ☐ Wholewheat spaghetti (100g)
- ☐ Vinaigrette salad dressing (30g – or make your own)

Week 4
30th January – 5th February

Dinner **Vegetarian Plan** Shopping List
(herbs used can be fresh or dried and always remember to wash raw vegetables)

Fruit & Vegetables
- ☐ Baby plum or cherry tomatoes (20 + 500g cherry tomatoes)
- ☐ Baby spinach leaves (535g)
- ☐ Basil (5g)
- ☐ Beansprouts (100g)
- ☐ Carrots (2 + 1 large)
- ☐ Celery sticks (4)
- ☐ Cherry tomatoes (400g)
- ☐ Chives (5g – if making vinaigrette)
- ☐ Courgettes (3)
- ☐ Cucumber (3/4)
- ☐ Garlic cloves (9)
- ☐ Leeks (2)
- ☐ Lemon (1/2)
- ☐ Lime (1)
- ☐ Long sweet red pepper (1)
- ☐ Mushrooms (chestnut or ordinary – 200g)
- ☐ Onion (1)
- ☐ Pak choi (540g)
- ☐ Potatoes (Rooster or Maris Piper – 300g)
- ☐ Red chilli (optional – 1)
- ☐ Red onion (1 small)
- ☐ Red pepper (1)
- ☐ Root ginger (1 knob - you need 5g of finely grated + 5g matchsticks)
- ☐ Scallions (3)
- ☐ Sugar snap peas (50g)
- ☐ Tomatoes (2 ripe)
- ☐ Yellow pepper (1)

Fresh/Frozen Produce
- ☐ Butter (35g)
- ☐ Eggs (7)
- ☐ Firm tofu (drained — 150g)
- ☐ Frozen peas (100g)
- ☐ Gran Moravia cheese (or another vegetarian Parmesan style alternative – 45g)
- ☐ Grated mozzarella cheese (80g)
- ☐ Light cream cheese (such as Philadelphia – 125g)
- ☐ Low fat milk (1.5% fat — 50ml)
- ☐ Quorn mince (fresh or frozen – 200g)
- ☐ Ricotta cheese (270g)

Dried Goods
- ☐ Balsamic vinegar (30g + 30g if making vinaigrette)
- ☐ Dried chilli flakes (1.25g)
- ☐ Dried oregano (1.25g)
- ☐ Freshly ground black pepper
- ☐ Hoisin sauce (30g)
- ☐ Honey (5g – if making vinaigrette)
- ☐ Natural skinned peanuts (10g)
- ☐ Plain flour (15g)
- ☐ Rapeseed oil (100g + 50g if making own vinaigrette – cold-pressed for a stronger flavour)
- ☐ Reduced salt vegetable stock cube (1)
- ☐ Reduced sodium soy sauce (52.5g)
- ☐ Sesame seeds (7.5g)
- ☐ Salt (if using)
- ☐ Tomato puree (7g)
- ☐ Wholegrain mustard (15g – if making vinaigrette)
- ☐ Wholewheat fusilli or penne pasta (120g)
- ☐ Wholewheat lasagne sheets (160g)
- ☐ Wholewheat noodles (dried – 200g)
- ☐ Wholewheat spaghetti (100g)
- ☐ Vinaigrette salad dressing (53g – or make your own)

Week 5
6th February – 12th February

Dinner **Main Plan** Shopping List
(herbs can be fresh or dried and always remember to wash raw vegetables)

Fruit & Vegetables
- ☐ Baby new potatoes (300g)
- ☐ Baby spinach leaves (280g)
- ☐ Beansprouts (100g)
- ☐ Broccoli (1 head – you need 400g florets)
- ☐ Butternut squash (1)
- ☐ Carrot (1 large)
- ☐ Celery sticks (2)
- ☐ Chives (7g + 5g – if making vinaigrette)
- ☐ Coriander (5g)
- ☐ Courgette (1)
- ☐ Cucumber (¼)
- ☐ Flat-leaf parsley (22g)
- ☐ Garlic cloves (4)
- ☐ Leeks (2)
- ☐ Lime (1)
- ☐ Little Gem lettuce (1)
- ☐ Long sweet red pepper (1)
- ☐ Mixed vegetables (you need 750g — choose from a selection of carrot, broccoli and cauliflower)
- ☐ Onions (1 + 2 small)
- ☐ Pak choi (270g)
- ☐ Potatoes (500g)
- ☐ Red pepper (1)
- ☐ Root ginger (1 small knob – you need 5g of finely grated)
- ☐ Scallions (5)
- ☐ Shitake mushrooms (or use chestnut or ordinary – 200g)
- ☐ Sugar snap peas (50g)
- ☐ Tomato (1 ripe)
- ☐ Yellow pepper (1)

Fresh Produce
- ☐ Butter (45g)
- ☐ Cheddar cheese (40g)
- ☐ Cooked chicken slices (leftovers or shop-bought -100g)
- ☐ Eggs (2)
- ☐ Low fat milk (1.5% fat - 600ml)
- ☐ Mixed boneless fish fillets (use any firm white fish or salmon — 600g)
- ☐ Mozzarella cheese (125g ball or use ready-grated)
- ☐ Natural yoghurt (3% fat – 75g)
- ☐ Pizza base (readymade such as Pizza da Piero – 1 x 120g)
- ☐ Pork steak (lean and well trimmed – 200g)
- ☐ Pork tenderloin (well trimmed — 200g)

Dried Goods
- ☐ Balsamic vinegar (30g - if making vinaigrette)
- ☐ Chopped tomatoes (400g tin + 200g tin or use ½ 400g tin)
- ☐ Curry powder or paste (7.5g)
- ☐ Dried mixed herbs (5g)
- ☐ English mustard (5g)
- ☐ Freshly ground black pepper
- ☐ Ground almonds (30g)
- ☐ Hoisin sauce (22.5g)
- ☐ Honey (5g– if making vinaigrette)
- ☐ Macaroni pasta (100g)
- ☐ Natural skinned peanuts (10 – 10g)
- ☐ Orange marmalade (15g)
- ☐ Pizza sauce (from a can or jar such as Mutti – 100g)
- ☐ Plain flour (50g)
- ☐ Rapeseed oil (65g + 50ml if making own vinaigrette — cold-pressed for a stronger flavour)
- ☐ Reduced salt soy sauce (15g)
- ☐ Reduced salt chicken stock cube (1/4)
- ☐ Rice vinegar (22.5g)
- ☐ Salt (if using)
- ☐ Sesame seeds (7.5g)
- ☐ Tomato puree (2.5g)
- ☐ Vinaigrette salad dressing (shop-bought — 15g or make your own)
- ☐ Wholegrain brown rice (160g)
- ☐ Wholegrain mustard (15g - if making vinaigrette)
- ☐ Wholewheat noodles (dried – 100g)

Week 5
6th February – 12th February

Dinner **Vegetarian Plan** Shopping List
(herbs used can be fresh or dried and always remember to wash raw vegetables)

Fruit & Vegetables
- ☐ Baby courgettes (1.25kg packet or use 1 courgette)
- ☐ Baby spinach leaves (130g)
- ☐ Beansprouts (100g)
- ☐ Broccoli (1 small head – you need 200g florets)
- ☐ Butternut squash (1)
- ☐ Carrot (1 large)
- ☐ Chives (15g + 5g extra if making vinaigrette)
- ☐ Coriander (5g)
- ☐ Cucumber (¼)
- ☐ Flat-leaf parsley (15g)
- ☐ Garlic cloves (4)
- ☐ Green beans (250g)
- ☐ Lemon (1)
- ☐ Lime (1)
- ☐ Little Gem lettuce (1)
- ☐ Long sweet red pepper (1)
- ☐ Mixed vegetables (you need 750g — choose from a selection of carrot, broccoli and cauliflower)
- ☐ Mushrooms (chestnut or ordinary – 440g)
- ☐ Onions (2 small)
- ☐ Pak choi (270g)
- ☐ Red chilli (1 - optional)
- ☐ Red onion (1 small)
- ☐ Red pepper (1 small)
- ☐ Root ginger (1 small knob – you need 5g of finely grated)
- ☐ Scallions (5)
- ☐ Shitake mushrooms (or use chestnut or ordinary – 200g)
- ☐ Sugar snap peas (50g)
- ☐ Tomato (1 ripe)
- ☐ White cabbage (200g piece)

Fresh Produce
- ☐ Butter (15g)
- ☐ Cheddar cheese (40g)
- ☐ Eggs (3)
- ☐ Feta cheese (100g)
- ☐ Firm tofu (drained — 200g)
- ☐ Fresh goat's cheese (125g)
- ☐ Low fat milk (1.5% fat - 270ml)
- ☐ Natural yoghurt (3% fat – 75g)
- ☐ Pizza base (readymade such as Pizza da Piero – 1 x 120g)

Dried Goods
- ☐ Balsamic vinegar (30g - if making vinaigrette)
- ☐ Chopped tomatoes (200g tin or use ½ 400g tin)
- ☐ Couscous (wholemeal if possible – 80g)
- ☐ Curry powder or paste (7.5g)
- ☐ English mustard (5g)
- ☐ Freshly ground black pepper
- ☐ Ground almonds (30g)
- ☐ Hoisin sauce (22.5g)
- ☐ Honey (5g – if making vinaigrette)
- ☐ Macaroni pasta (100g)
- ☐ Natural peanut butter (15g - preferably crunchy with no added sugar & salt – check the label the sugar should be no more than 5g per 100g)
- ☐ Natural skinned peanuts (10 – 10g)
- ☐ Pizza sauce (from a can or jar such as Mutti – 100g)
- ☐ Plain flour 20g
- ☐ Rapeseed oil (80g + 50ml if making own vinaigrette — cold-pressed for a stronger flavour)
- ☐ Reduced sodium soy sauce (30g)
- ☐ Rice vinegar (27.5g)
- ☐ Salt (if using)
- ☐ Sesame seeds (12.5g)
- ☐ Tomato puree (2.5g)
- ☐ Unsalted cashew nuts (25g)
- ☐ Vinaigrette salad dressing (shop-bought — 15g or make your own)
- ☐ Wholegrain brown rice (240g)
- ☐ Wholegrain mustard (15g - if making vinaigrette)
- ☐ Wholewheat noodles (dried – 100g)

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RTÉ operation TRANSFORMATION

Andrea & Barry

Sponsored by safefood

Lorraine

Shane

Tanya

Recipes for WEEK 4
and Shopping Lists for WEEKS 4 & 5

See inside for this week's recipes and suggestions!
CHECK OUT THIS WEEK'S & NEXT WEEK'S SHOPPING LISTS ON THE BACK PAGE

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WEEK 4

OPERATION TRANSFORMATION CORE EQUIPMENT LIST

- Sharp knife
- Wooden spoon
- Medium saucepan
- Roasting tin
- Frying pan
- Casserole dish
- Weighing scales
- Tongs
- Measuring jug
- Potato masher
- Fish slice/Slotted turner
- Chopping board
- Box grater
- Tupperware containers
- Vegetable peeler
- Petal Steamer
- Kitchen scissors
- Sieve
- Ladle

BREAKFAST
Scrambled Eggs & Toast

Serves 1 (contains approximately 275 kcal)

The Ingredients

2 eggs
1 tablespoon low fat milk (1.5% fat – 15g)
1 slice wholemeal bread
1 teaspoon butter (5g)
salt (optional) and freshly ground black pepper

The Method

Heat a saucepan over a medium heat.

Meanwhile, Break the eggs into a bowl and add the milk and season with a little salt (optional) and pepper to taste. Beat lightly with a fork.

Add the butter to the heated saucepan and swirl it around so that the base and sides are lightly coated with it. Add the egg mixture and using a wooden spoon, start stirring quickly, making sure that you are getting right into the corners of the pan to prevent it from sticking. Cook for 1–2 minutes until three-quarters of the egg mixture is firm and a quarter is still liquid. Remove the pan from heat, as they will continue to cook.

Meanwhile, toast the bread and cut in half on the diagonal.

* Suitable for vegetarians.

LUNCH
Twice Baked Jacket Potato

Serves 1 (contains approximately 390 kcal)

The Ingredients

200g potato, scrubbed (such as Rooster or Maris Piper)
1 teaspoon rapeseed oil (5g)
2 teaspoons sour cream (10g)
1 teaspoon snipped fresh chives (optional) (5g)
20g Cheddar cheese
25g baby spinach or mixed baby salad leaves
salt (optional) and freshly ground black pepper

The Method

Preheat the oven to 200C / 400F / gas mark 6. Pierce the potato a couple of times with a fork to prevent it from splitting while it is cooking and rub all over with the oil to help the skin crisp up, then wrap in foil. Place the potato directly on the oven shelf. Bake for 1 hour until slightly softened when squeezed. Either use immediately or leave until cool enough to handle and chill in the fridge for up to 2 days is fine if cooked down and put in the fridge within 2 hours.

To stuff the jacket potatoes, keep the oven temperature the same. Cut each potato in half, carefully scoop out the middle of the potato, leaving the skin undisturbed. Place the scooped out potato in a bowl and add the sour cream and chives (optional). Season lightly with a little salt (optional) and pepper to taste.

Arrange the potato shells back on a baking sheet and carefully scoop the mixture back into the shells. Grate over the cheese and bake for 15–20 minutes until piping hot and golden.

Arrange the twice baked jacket potato on a plate with the spinach or baby mixed salad leaves to serve.

Prepare Ahead

Keep the cooked jacket potato covered with cling film in the fridge for up to 2 days and once the potatoes have been stuffed with the filling they would keep for another 2 days, again covered with cling film in the fridge. To heat up bake as described above. To transport, store in a suitable microwaveable container and cook on high for 3 minutes until piping hot. Bring along a knife and fork to eat.

* Suitable for vegetarians.

MEN'S SNACK

Baked Berry Square

(+ 1 small piece of fruit such as an apple or a mandarin)

Makes 12 slices (1 slice per serving plus 1 small piece of fruit contains approximately 200 kcal – only have one slice or fruit 'n' nut bar or oaty banana bread bun with a piece of fruit a day)

The Ingredients

235g porridge oats
20g brown sugar (preferably light or dark muscovado)
15g ground flaxseed (you will find this in the health food section of most large supermarkets or chemists)
1 ½ teaspoons baking powder (7.5g)
1 ½ ground cinnamon
¼ teaspoon salt (1.25g)
1 egg
130g apple compote (shop-bought with no added sugar or salt, or see recipe link)
240ml low fat milk (1.5% fat)
1 teaspoon vanilla extract (5g)
90g blueberries

The Method

Preheat the oven to 160C / 325F / gas mark 3. Line a 22.5cm x 32.5cm baking tin with parchment paper.

Place the oats in a large bowl with the sugar, flaxseed, baking powder, cinnamon and salt. Using a wooden spoon, stir until evenly mixed.

Put the egg, apple compote, vanilla extract and milk in a jug and beat with a fork to combine.

Make a well in the centre of the oat mixture and then pour in the egg mixture. Then using as few stirs as possible mix everything together. The more you mix it the tougher the mixture will become. Finally fold in the blueberries.

Place in the oven and bake for 25–30 minutes until all the liquid is absorbed and the oats are tender and lightly golden. To test, insert a skewer or toothpick into the centre of a square and it should come out clean. The square will also smell cooked and be springy to the touch. Leave to cool completely in the tin and then cut into 12 even-sized squares.

Arrange a bake berry square on a plate with a piece of fruit to serve.

WOMEN'S SNACK

Baked Berry Square

Makes 12 slices (1 slice per serving and each slice contains approximately 100 kcal – only have one slice or 1 oaty banana bread bun or fruit 'n' nut bar a day)

The Ingredients

235g porridge oats
20g brown sugar (preferably light or dark muscovado)
15g ground flaxseed (you will find this in the health food section of most large supermarkets or chemists)
1 ½ teaspoon baking powder (7.5g)
1 ½ ground cinnamon
¼ teaspoon salt (1.25g)
1 egg
130g apple compote (shop-bought with no added sugar or salt, or see recipe link)
240ml low fat milk (1.5% fat)
1 teaspoon vanilla extract (5g)
90g blueberries

The Method

Preheat the oven to 160C / 325F / gas mark 3. Line a 22.5cm x 32.5cm baking tin with parchment paper.

Place the oats in a large bowl with the sugar, flaxseed, baking powder, cinnamon and salt. Using a wooden spoon, stir until evenly mixed.

Put the eggs, apple compote, vanilla extract and milk in a jug and beat with a fork to combine.

Make a well in the centre of the oat mixture and then pour in the egg mixture. Then using as few stirs as possible mix everything together. The more you mix it the tougher the mixture will become. Finally fold in the blueberries.

Place in the oven and bake for 25–30 minutes until all the liquid is absorbed and the oats are tender and lightly golden. To test, insert a skewer or toothpick into the centre of a square and it should come out clean. The square will also smell cooked and be springy to the touch. Leave to cool completely in the tin and then cut into 12 even-sized squares.

Arrange a bake berry square on a plate to serve.

Main Plan

WEEK 4 DAY 1 Thursday 30th January

Serves 2 (each serving contains approximately 510 kcal)

The Ingredients

1 garlic clove
1 small onion
5 carrots
200g baby new potatoes
2 teaspoons rapeseed oil (10g)
4 skinless chicken thighs (still on the bone)
1 teaspoon fresh chopped sage (or ½ teaspoon dried)
2 teaspoons fresh chopped rosemary (or 1 teaspoon dried)
1 tablespoon tomato puree (15g)
300ml water
35g pitted green olives
5g fresh flat-leaf parsley
salt (optional) and freshly ground black pepper

The Method

Preheat the oven to 160C / 325F / gas mark 3. Peel and crush the garlic. Cut the onion in half, then peel and cut into thin slices. Peel the carrots and cut into slices. Cut the baby potatoes into quarters. Set aside.

Heat a casserole dish with a lid over a medium heat and add the oil (or you can start in a frying pan and transfer to a small roasting tin using a tin foil lid).

Season the chicken lightly with salt (optional) and pepper to taste and add to the heated casserole, presenting side facing down. Cook for a minute or 2 on each side or until sealed and lightly golden, turning regularly with a tongs. Transfer to a plate. Remember to wash hands and equipment in warm soapy water after handling raw chicken.

Add the onion and carrots to the heated casserole and sauté for a couple of minutes, scraping any browned bits from the bottom with a wooden spoon. Stir in the garlic with the sage, rosemary and tomato puree. Pour in the water, stirring to combine and bring to a simmer. Stir in the potatoes and olives, then using a tongs put the chicken on top. Cover with a lid and cook in the oven for 1 hour until the chicken is piping hot with no pink meat and the juices run clear when tested with a small sharp knife. Divide between bowls to serve.

Prepare Ahead

Once made this recipe can be put in the fridge within 2 hours of cooking and can be stored in an airtight container for up to 3 days. Only reheat once in the microwave or in a saucepan or casserole with a lid over a gentle heat when ready to eat. It can also be made very successfully in a slow cooker – simply follow the instructions above and cook on low for 4 hours.

WEEK 4 DAY 2 Friday 31st January

Serves 2 (each serving contains approximately 495 kcal)

The Ingredients

100g dried wholewheat noodles
3 scallions
270g pak choi
1 garlic clove
1 small knob fresh root ginger (you need 5g of finely grated)
2 eggs
1 ½ teaspoons sesame seeds (7.5g)
2 tablespoons rapeseed oil (30g)
160g raw tiger prawns
100g fresh beansprouts
1 lime
1 tablespoon reduced sodium soy sauce (15g)

The 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 the scallions and pak choi and then finely shred. Peel and finely grate the garlic and ginger. Break the eggs into a bowl and lightly beat with a fork.

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 half the oil to the wok, then tip in the prawns and most of the scallions, and cook, stirring quickly for 1 minute or until the prawns turn pink.

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 cooked noodles with the beansprouts and pak choi and cook for 3 minutes until piping hot and the prawns are tender. 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 prawn pad Thai between plates and scatter over the rest of the scallions to serve.

Prepare 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 the 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.

WEEK 4 DAY 3 Saturday 1st February

Serves 2 (each serving contains approximately 465 kcal)

The Ingredients

1 onion
2 carrots
2 celery sticks
2 garlic cloves
20g butter
200g lean steak mince
1 tablespoon plain flour (15g)
½ tablespoon tomato puree (7g)
½ reduced salt chicken stock cube
250ml boiling water
1 tablespoon Worcestershire sauce (15g)
100g frozen peas
300g floury potatoes (Rooster or Maris Piper)
25ml low fat milk (1.5% fat)
50g sugar snap peas
salt (optional) and freshly ground black pepper

The Method

Cut the onion in half and peel off the skin, then finely chop. Peel the carrots and dice with the celery. Peel the garlic and use a garlic crusher or grate on the fine side of a box grater.

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 steak 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 for a further minute.

Dissolve the chicken stock cube in the boiling water and pour into the mince mixture with the Worcestershire sauce, stirring to combine. Bring to a simmer and then cook for 10 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 the potatoes for 10–12 minutes, or until tender, with a pinch of salt (optional). To check, piece 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, steam the sugar snap peas for 1–2 minutes until just tender. Drain and arrange on plates with the Shepherd's pie to serve.

Prepare 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 cover with a plate if using a microwave – just make sure it is until piping hot before serving.

WEEK 4 DAY 4 Sunday 2nd February

Serves 4 (each serving contains approximately 480 kcal)

The 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) and freshly ground black pepper
side salad, to serve (see recipe link)

The 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.

Prepare 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.

DINNER ACCOMPANIMENTS – SIDES

Serves 4 (each serving contains approximately 65 kcal)

The Ingredients

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

The 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.

Prepare 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.

DINNER ACCOMPANIMENTS – DRESSING

Makes 8 servings (contains approximately 65 kcal in each 1 tablespoon serving)

Vegetarian Plan

WEEK 4 DAY 1 Thursday 30th January

Serves 2 (each serving contains approximately 415 kcal)

The 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) and freshly ground black pepper

The 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 30 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.

Prepare 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.

WEEK 4 DAY 2 Friday 31st January

Serves 2 (each serving contains approximately 490 kcal)

The 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

The 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.

Prepare 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.

WEEK 4 DAY 3 Saturday 1st February

Serves 2 (each serving contains approximately 440 kcal)

The 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)
250ml 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) and freshly ground black pepper

The Method

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 for a further minute.

Dissolve the vegetable stock cube in the boiling water and pour into the mince mixture with the Worcestershire sauce, stirring to combine. Bring to a simmer and then cook for 10 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, piece 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, steam the sugar snap peas for 1–2 minutes until just tender. Drain and arrange on plates with the Shepherd's pie to serve.

Prepare 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 until piping hot before serving.

WEEK 4 DAY 4 Sunday 2nd February

Serves 4 (each serving contains approximately 480 kcal)

The 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) and freshly ground black pepper
side salad, to serve (see recipe link)

The 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. Steam the carrot and celery 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 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.

Prepare 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.

DINNER ACCOMPANIMENTS – SIDES

Serves 4 (each serving contains approximately 65 kcal)

The Ingredients

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

The 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.

Prepare 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.

DINNER ACCOMPANIMENTS – DRESSING

Makes 8 servings (contains approximately 65 kcal in each 1 tablespoon serving)

The 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) and freshly ground black pepper