

WEEK 5

BREAKFAST Soft-Boiled Egg with Soldiers

Serves 1 (contains approximately 270 kcal)

The Ingredients
2 eggs
1 slice wholemeal bread
1 teaspoon butter (5g)
salt (optional) and freshly ground black pepper

The Method
Bring a saucepan of water to the boil over a medium heat. Gently lower in the eggs into the water and cook for 6 minutes.

Meanwhile, toast the bread and spread with the butter, then cut into soldiers.

Carefully lift the eggs out with a spoon or tongs if you have one and put into eggcups. Crack off the tops and season lightly with a little salt (optional) and pepper to taste. Put on a plate with the toast soldiers alongside to serve.

* Suitable for vegetarians.



MEN'S SNACK

Apple Compote

Makes about 130g compote (contains approximately 200 kcal)

The Ingredients
2 Granny Smith apples
2 tablespoons water

The Method

Peel and core the apples and cut into small pieces. Place in a saucepan with the water over a low heat. Bring to a simmer and then cook over a low heat for 15–20 minutes, stirring occasionally until the apples are completely tender and can be beaten to a puree with a wooden spoon. Place in an airtight container and store in the fridge and use as required.

Prepare Ahead

This compote can be made and kept in an airtight container in the fridge for up to 3 days until needed.

* Suitable for vegetarians.



WOMEN'S SNACK

Apple Compote

Makes about 130g compote (contains approximately 200 kcal)

The Ingredients
2 Granny Smith apples
2 tablespoons water

The Method

Peel and core the apples and cut into small pieces. Place in a saucepan with the water over a low heat. Bring to a simmer and then cook over a low heat for 15–20 minutes, stirring



LUNCH Tex-Mex Bean Soup

Serves 4 (each 400ml bowl contains approximately 300 kcal)

The Ingredients
1 small onion
1 garlic clove
1 tablespoon rapeseed oil (15g)
1 teaspoon ground cumin
1 teaspoon sweet or smoked paprika
½ teaspoon ground coriander
400g tin black beans (or use ½ 400g drained)
200g tin kidney beans (or use ½ 400g tin for 120g drained)
400g tin chopped tomatoes
500ml water
270g cooked wholegrain brown rice (shop-bought in pouch or leftover made from 100g uncooked)
40g Cheddar cheese
5g fresh coriander leaves
salt and freshly ground black pepper

The Method

Heat a saucepan over a medium heat. Cut the onion in half, then peel and finely chop. Peel and crush the garlic. Add the oil to the saucepan and sauté the onion and garlic for 3–4 minutes until softened and lightly coloured. Stir in the spices and cook for another minute.

Meanwhile, drain the black and kidney beans and rinse well under cold running water — you should have 360g beans in total. Add to the saucepan with the tomatoes, rice and water. Season with a little salt and plenty of pepper and bring to the boil, then reduce the heat and simmer for 8–10 minutes until piping hot, stirring occasionally.

Grate the cheese. Ladle the soup into bowls and sprinkle over the cheese. Tear the coriander leaves on top to serve.

PREPARE AHEAD

This soup will keep in an airtight container in the fridge for up to 3 days or frozen for up to 1 month. Bring individual portions of 400ml in a flask or in an airtight container and reheat in the microwave or on a low heat with a saucepan to serve. Bring a spoon if transporting.

* Suitable for vegetarians.

occasionally until the apples are completely tender and can be beaten to a puree with a wooden spoon. Place in an airtight container and store in the fridge and use as required.

Prepare Ahead

This compote can be made and kept in an airtight container in the fridge for up to 3 days until needed.

* Suitable for vegetarians.

Main Plan

WEEK 5 DAY 1 Thursday 6th February



DINNER Vegetable Korma

Serves 2 (each serving contains approximately 500 kcal)

The 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)
5 tablespoons water (75ml)
75g natural yoghurt (3% fat)
2 tablespoons ground almonds (30g)
5g fresh coriander sprigs
salt (optional) and freshly ground black pepper

The 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.

Prepare 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.

WEEK 5 DAY 2 Friday 7th February



DINNER Fish Pie

Serves 4 (each serving contains approximately 490 kcal)

The Ingredients
2 leeks
2 celery sticks
1 head broccoli (you need 400g florets)
500g potatoes
600g mixed boneless fish fillets (use any firm white fish or salmon)
330ml low fat milk (1.5% fat)
1 teaspoon rapeseed oil (5g)
200g baby spinach leaves
2 tablespoons softened butter (30g)
2 tablespoons plain flour (30g)
small bunch flat-leaf parsley (7g)
small bunch chives (7g)
salt (optional) and freshly ground black pepper

The Method

Preheat the oven to 180C / 350F / gas mark 4. Trim the leeks and cut into thin slices. Trim and dice the celery. Break the broccoli into florets — you'll need 400g in total.

Peel the potatoes and cut into chunks. Place in a steamer and cook over a medium heat for 15–20 minutes until tender. Remove from the heat, then put a clean tea towel on top and leave for a few minutes to dry out with the lid on.

Place the fish fillets in a frying pan with 300ml of the milk over a low heat and bring to a gentle simmer. Cook for 30 minutes, then turn off the heat and leave to cool down. The fish will continue to cook.

Remove the fish from the milk and flake into large chunks straight into a small ovenproof dish, discarding the skin and any stray bones. Pour the milk into a jug and set aside until needed.

Wipe out the frying pan and heat with the oil over a medium heat. Add half the butter and swirl up the sides, then tip in the leeks and celery. Sauté for 2–3 minutes until tender. Stir in the flour and cook for 1 minute. Remove from the heat and gradually pour in the reserved milk, whisking until smooth. Season lightly with salt (optional) and pepper to taste and simmer for another 2–3 minutes until slightly reduced and thickened.

Wipe out the frying pan again and place over a medium to high heat. Add half the butter and swirl up the sides, then tip in the leeks and celery. Sauté for 2–3 minutes until tender. Stir in the flour and cook for 1 minute. Remove from the heat and gradually pour in the reserved milk, whisking until smooth. Season lightly with salt (optional) and pepper to taste and simmer for another 2–3 minutes until slightly reduced and thickened.

Remove the leaves from the parsley and finely chop with the chives, then stir into the sauce and use to cover the fish and spinach. Set aside to allow the skin to form as this will help smooth over the mashed potatoes evenly.

Mash the cooked potatoes and add the rest of the butter and the remaining tablespoons of milk to give a smooth mash. Spread over the fish filling and bake in the oven for 25–30 minutes until piping hot and golden brown.

Place the broccoli in a steamer and cook for 2–3 minutes until tender.

Divide the fish pie amongst plates to serve with the broccoli.

Prepare Ahead

This pie could be prepared ready to cook up to 2 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 2 days. Only reheat once in the microwave or in an ovenproof dish covered with tin foil in a preheated oven 180C / 350F / gas mark 4 for 20–25 minutes or until piping hot.

WEEK 5 DAY 3 Saturday 8th February



DINNER Chicken & Courgette Pizza

Serves 2 (each serving contains approximately 530 kcal)

The Ingredients
1 courgette
100g cooked chicken slices (leftovers or shop-bought)
100g pizza sauce (from a can or jar such as Mutt!)
1 ready-made pizza base (such as Pizza da Piero — 120g)
125g ball mozzarella cheese (or use ready-grated)
side salad, to serve (see recipe link)

Remove the leaves from the parsley and finely chop with the chives, then stir into the sauce and use to cover the fish and spinach. Set aside to allow the skin to form as this will help smooth over the mashed potatoes evenly.

Place the broccoli in a steamer and cook for 2–3 minutes until tender.

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.

Prepare 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.

WEEK 5 DAY 3 Saturday 8th February



DINNER Mushroom and Goat's Cheese Pizza

Serves 2 (each serving contains approximately 500 kcal)

The Ingredients
140g mushrooms (chestnut or ordinary)
1 small red onion
1 small red pepper
1 ready-made pizza base (such as Pizza da Piero — 120g)
100g pizza sauce (from a can or jar such as Mutt!)
125g fresh goat's cheese
side salad, to serve (see recipe link)

The 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.

Prepare 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

The Method

Preheat the oven to 200C / 400F / gas mark 6. Using a vegetable peeler, cut the courgette into thin ribbons or thin slices. Dice the cooked chicken.

Spread the pizza base with the pizza sauce and arrange the courgette and chicken on top. Tear over the mozzarella cheese on top and place in the oven directly on the oven shelf for 10–12 minutes until piping hot and lightly golden.

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

Prepare 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.

DINNER ACCOMPANIMENTS — SIDES



Side Salad

Serves 2 (each serving contains approximately 65 kcal)

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

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 also 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.

Prepare 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.

DINNER ACCOMPANIMENTS — SIDES



Side Salad

Serves 2 (each serving contains approximately 65 kcal)

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

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

DINNER ACCOMPANIMENTS — DRESSING



Vinaigrette Salad 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

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

DINNER ACCOMPANIMENTS — DRESSING



Vinaigrette Salad Dressing

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

The Ingredients

1 small garlic clove
2 tablespoons balsamic vinegar (30ml)
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, rapeseed oil, wholegrain 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.

Prepare Ahead

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

WEEK 5 DAY 4 Sunday 9th February



DINNER Tuscan Pork Stew

Serves 2 (each serving contains approximately 410 kcal)

The Ingredients

200g pork tenderloin (well trimmed)
¼ reduced salt chicken stock cube
120ml boiling water
400g tin chopped tomatoes
1 tablespoon orange marmalade (15g)
1 teaspoon dried mixed herbs (or use one such as thyme or

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 (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.

Prepare Ahead

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

WEEK 5 DAY 4 Sunday 9th February



DINNER Emily's Feta Cheese Couscous

Serves 2 (each serving contains approximately 345 kcal)

The Ingredients

160ml boiling water
80g couscous (wholemeal if possible)
125g packet baby courgettes (or use 1 courgette)
250g green beans
15g fresh flat-leaf parsley
15g snipped fresh chives
100g feta cheese

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 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.

rosemary — 5g)

1 onion
1 red pepper
1 yellow pepper
300g baby new potatoes
1 tablespoon chopped fresh flat-leaf parsley (5g)
salt (optional) and freshly ground black pepper

The Method

Preheat the oven to 160C / 325F / gas mark 3. Cut the pork loin into 2.5cm cubes and put in a casserole dish with a lid (if you don't have one use a small roasting tin lined with parchment paper and tin foil for the lid). Dissolve the chicken stock cube in the boiling water. Add the tinned tomatoes, stock cube, marmalade and herbs to the pork, stirring to combine. Season lightly with salt, (optional) and plenty of freshly ground black pepper.

Using a small sharp knife, cut the onion in half and peel off the skin, then roughly chop. Cut the peppers in half and remove and discard the cores and seeds, then cut into 2.5cm pieces. Cut the baby potatoes into quarters. Add all the vegetables to the casserole dish, stirring to combine and cover with a lid. Place in the oven for 1 hour or until the pork is piping hot with no pink meat and the juices run clear.

The Method

Divide the Tuscan pork stew among bowls and scatter over the parsley 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 either in a microwave or a saucepan or casserole dish 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.

1 lemon

1 red chilli (optional)
1 teaspoon rapeseed oil (5g)
50g baby spinach leaves
salt (optional) and freshly ground black pepper

The 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.

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 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.

Main Plan

WEEK 5 DAY 5 Monday 10th February



Serves 2 (each serving contains approximately 440 kcal)

- The 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) and freshly ground black pepper

The 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.

Vegetarian Plan

WEEK 5 DAY 5 Monday 10th February



Serves 2 (each serving contains approximately 440 kcal)

- The 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) and freshly ground black pepper

The 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).

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.

Prepare 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.

WEEK 5 DAY 6 Tuesday 11th February



Serves 2 (each serving contains approximately 370 kcal)

- The Ingredients**
- 80g wholegrain brown rice
 - 1 garlic clove
 - 1 1/2 tablespoons hoisin sauce (22.5g)
 - 1 1/2 tablespoons rice vinegar (22.5g)
 - 200g lean pork steak (well trimmed)
 - 200g piece white cabbage
 - 3 scallions
 - 1 large carrot
 - 200g shiitake mushrooms (or use chestnut or ordinary)
 - 1 little gem lettuce
 - 1 tablespoon rapeseed oil (15g)
 - 4 tablespoons water (60g)
 - salt (optional) and freshly ground black pepper

The Method

Rinse the rice well in a sieve and then put into 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 rice vinegar. Season lightly with salt (optional) and pepper to taste. Cut the pork steak into thin strips and stir into the sauce. 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 to high heat. Add half the oil, swirling up the sides. Using a tongs, add the pork (reserving the marinade). Stir-fry for 3-4 minutes until piping hot and lightly browned. There should be no pink meat and the juices should run clear. Transfer to a plate. Add in the water and stir with the pan juices to combine, then pour over the cooked pork. 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 tender. Add the cabbage and carrot and continue to stir-fry for 1-2 minutes until wilted.

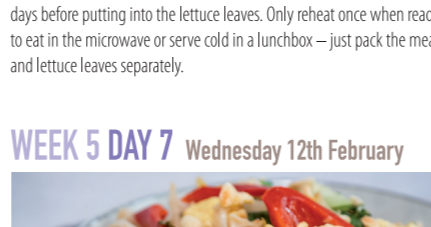
Return the cooked pork and juices to the wok with any remaining marinade and half of the scallions. Stir-fry for another minute until piping hot.

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

Prepare Ahead

If time allows marinate the pork in a non-metallic dish covered with cling film for up to 2 days on the bottom shelf of the fridge, which will tenderise the meat. 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.

WEEK 5 DAY 7 Wednesday 12th February



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 1/2 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.

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 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.

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 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.

EUROSPAR Supermarket

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 (130g)
- 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 (1/4)
- 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)
- Shiitake mushrooms (or use chestnut or ordinary - 200g)
- Sugar snap peas (50g)
- Tomato (1 ripe)
- White cabbage (200g piece)
- Yellow pepper (1)

Fresh Produce

- 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 (ready-made 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 (200g tin or use 1/2 x 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)
- Orange marmalade (15g)
- Pizza sauce (from a can or jar such as Mutti - 100g)
- Plain flour (50g)
- Rapeseed oil (80g + 50ml if making own vinaigrette - cold-pressed for a stronger flavour)
- Reduced sodium soy sauce (30g)
- Rice vinegar (22.5g)
- 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 (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 (125g 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 (1/4)
- 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)
- 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)
- Shiitake mushrooms (or use chestnut or ordinary - 200g)
- Sugar snap peas (50g)
- Tomato (1 ripe)
- White cabbage (200g piece)

Fresh Produce

- Chicken filets (4 skinless)
- Chicken thighs (4 skinless on the bone)
- Cod filets (boneless and skinned - 2 x 200g)
- Eggs (5)
- Lean steak mince (200g)
- Light cream cheese (such as Philadelphia - 60g)
- Low fat milk (1.5% fat - 25ml)
- Raw peeled tiger prawns (300g)
- Ricotta cheese (50g)

Dried Goods

- Balsamic vinegar (30g - if making vinaigrette)
- Black beans (1/2 x 400g tin - 120g drained)
- Chilli powder (6.25g)
- Chopped tomatoes (200g tin or 1/2 x 400g tin)
- Cookin milk (160g tin)
- Couscous (wholemeal if possible - 80g)
- Curry paste or powder (2.5g)
- Freshly ground black pepper
- Ground cumin (5g)
- Ground coriander (2.5g)
- Ground turmeric (2.5g)
- Honey (5g - if making vinaigrette)
- Raisins (35g)
- Rapeseed oil (62g + 50ml if making own vinaigrette - cold-pressed for a stronger flavour)
- Reduced salt chicken stock cubes (1 1/2)
- Salt (if using)
- Sun-dried tomato pesto (from a jar or tube - 10g)
- Tomato puree (15g)
- Vinaigrette salad dressing (shop-bought or make your own - 5g)
- Wholegrain brown rice (140g)
- Wholegrain mustard (15g + 15 if making vinaigrette)
- Wholewheat fusilli pasta (100g)

Week 7

20th February - 26th February

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

Fruit & Vegetables

- Baby new potatoes (500g)
- Baby spinach leaves (50g)
- Basil (15g)
- Butternut squash (1)
- Carrots (5)
- Celery stick (1)
- Cherry tomatoes (500g)
- Chives (5g - if making vinaigrette)
- Coriander (5g)
- Courgette (1 large)
- Cucumber (1/4)
- Garlic cloves (4)
- Green beans (200g)
- Fennel bulbs (2)
- Flat-leaf parsley (5g)
- Leeks (3)
- Lemon (optional - 1/2)
- Mushrooms (chestnut or ordinary - 200g)
- Onion (1 small)
- Red pepper (1)
- Red chilli (1 - optional)
- Sugar snap peas (480g)
- Turnip (1 small)

Fresh Produce

- Chicken filets (4 skinless)
- Cod filets (boneless and skinned - 2 x 200g)
- Eggs (5)
- Lean steak mince (200g)
- Light cream cheese (such as Philadelphia - 60g)
- Low fat milk (1.5% fat - 25ml)
- Raw peeled tiger prawns (300g)
- Ricotta cheese (50g)

Dried Goods

- Balsamic vinegar (30g - if making vinaigrette)
- Black beans (1/2 x 400g tin - 120g drained)
- Chilli powder (6.25g)
- Chopped tomatoes (200g tin or 1/2 x 400g tin)
- Cookin milk (160g tin)
- Couscous (wholemeal if possible - 80g)
- Curry paste or powder (2.5g)
- Freshly ground black pepper
- Ground cumin (5g)
- Ground coriander (2.5g)
- Ground turmeric (2.5g)
- Honey (5g - if making vinaigrette)
- Raisins (35g)
- Rapeseed oil (62g + 50ml if making own vinaigrette - cold-pressed for a stronger flavour)
- Reduced salt chicken stock cubes (1 1/2)
- Salt (if using)
- Sun-dried tomato pesto (from a jar or tube - 10g)
- Tomato puree (15g)
- Vinaigrette salad dressing (shop-bought or make your own - 5g)
- Wholegrain brown rice (140g)
- Wholegrain mustard (15g + 15 if making vinaigrette)
- Wholewheat fusilli pasta (100g)

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See inside for this week's recipes and suggestions!
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Recipes for WEEK 5

and Shopping Lists for WEEKS 5 & 7