

Main Plan

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 to the salad, then drizzle over half a teaspoon of the dressing over each plate. Set aside.

Trim and cut the mushrooms into slices. Heat in a teaspoon of rapeseed oil a frying pan over a medium heat. Add the mushrooms and season with a little salt (optional) and pepper to taste. Sauté for 3-4 minutes until tender, then tip on to a plate.

Break the eggs into a bowl and add the milk, then season with plenty of freshly ground pepper. Gently beat the eggs and milk with a fork until the yolks and whites are just combined. Don't be tempted to over-beat the omelette, as it will spoil the texture.

Wipe out the frying pan and put back on a medium heat. Add another teaspoon of the oil and quickly swirl it around, tilting the pan so that the base and the sides get coated. Now turn up the heat to its highest setting.

Pour in half of the beaten egg mixture, tilting it around to spread the eggs in an even layer. Place on the heat for about 20 seconds, tilting the pan until there is liquid egg left, just on the surface.

Scatter half of the sautéed mushrooms down the middle and then sprinkle the ricotta cheese on top before folding over to enclose the fillings. The easiest way to do this is to tilt the pan again, and flip one side of the omelette into the centre, then fold again.

Take the frying pan to the plate with one of the salads and the last fold will be when you tip the omelette out on to the plate with the salad. It's worth remembering that an omelette will continue

cooking, even on the plate, so serve it immediately. Repeat with the rest of the oil and egg mixture to make a second omelette. Serve at once.

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.

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 teaspoon 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 (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 7 DAY 6 Tuesday 25th February



DINNER Creamy Prawn & Courgette Pasta

Serves 2 (each serving contains approximately 500 kcal)

The Ingredients

- 100g wholemeal fusilli pasta
- 1 garlic clove
- 1 large courgette
- ½ tablespoon rapeseed oil (7g)
- 300g raw peeled tiger prawns
- 400g cherry tomatoes

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handful fresh basil leaves (5g)

4 tablespoons light cream cheese (such as Philadelphia – 60g) salt (optional) and freshly ground black pepper

The Method

Cook the fusilli in a saucepan of boiling water with a pinch of salt (optional) for 10-12 minutes or according to packet instructions.

Peel and grate the garlic on the fine side of a box grater. Trim and dice the courgette. Cut the cherry tomatoes in half or into quarters depending on their size.

Heat a large 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 10 seconds, being careful not to let it brown too much. Tip in the courgettes and season with a little salt (optional) and pepper to taste. Cook for another 6-8 minutes until the courgettes are completely tender and just starting to caramelize, stirring regularly with a wooden spoon.

Scatter the prawns into the pan and toss until evenly coated, then cook for a minute or two until they turn pink. Add the cherry tomatoes and tear in most of the basil and continue to toss until evenly combined and everything is piping hot but the tomatoes are still holding their shape and the prawns are cooked through. Remove from the heat.

Drain the pasta and return to the pan, then gently fold in the light cream cheese followed by the prawn and courgette mixture.

Divide the creamy prawn and courgette pasta between wide rimmed bowls and garnish with a few extra torn basil leaves to serve.

Prepare Ahead

Once everything is prepared the ingredients can be kept covered individually in the fridge for up to 1 day until you are ready to cook but the freshness and vibrancy of colour will be lost if you cook it in advance.

WEEK 7 DAY 7 Wednesday 26th February



DINNER Chicken & Leek Traybake

Serves 2 (each serving approximately 510 kcal)

The Ingredients

- 2 leeks
- 2 fennel bulbs
- 250g baby new potatoes
- 2 garlic cloves
- 1 tablespoon rapeseed oil (15g)
- 4 skinless chicken thighs (on the bone)
- 250ml chicken stock (made from ½ reduced salt cube)
- 1 tablespoon wholegrain mustard (15g)
- 5g fresh flat-leaf parsley leaves
- salt (optional) and freshly ground black pepper

The Method

Preheat the oven to 200C / 400F / gas mark 6. Trim and slice the

leeks. Trim the fennel bulbs and cut into thin wedges. Cut the baby potatoes in half. Peel and finely grate the garlic.

Heat a frying pan over a medium to high heat. Season the chicken thighs with a little salt (optional) and pepper to taste. Add one teaspoon of the oil and then add the chicken to the pan presentation side down. Cook for about 5 minutes until well sealed all over and lightly browned, turning regularly with a tongs. Transfer to a roasting tin.

Scatter the leeks, fennel and potatoes around the chicken. Stir the mustard and garlic into the stock and then pour into the tin. Drizzle over the remaining two teaspoons of oil and season to taste with pepper. Roast for 30-35 minutes or until the chicken is piping hot with no pink meat and the juices run clear and the vegetables are nicely caramelized (all the stock should be evaporated). Cut into the chicken close to the bone to check that it is properly done. Remember to wash your hands and utensils in warm soapy water after handling raw chicken.

Divide the chicken and leek traybake between plates and tear over the parsley leaves to serve.

Prepare Ahead

The leeks and fennel can be prepared 2 days in advance and kept in a suitable container in the fridge. The stock mixture could also be made up and kept covered in the fridge so there is no prep involved when you are ready to cook. It can also be made in advance and put in an airtight container in the fridge within 2 hours of cooking for up to 3 days. Only reheat once in the microwave or in a preheated oven 180C / 350F / gas mark 4 covered with tin foil for about 20 minutes until piping hot.

Vegetarian Plan

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 to the salad, then drizzle over half a teaspoon of the dressing over each plate. Set aside.

Trim and cut the mushrooms into slices. Heat in a teaspoon of rapeseed oil a frying pan over a medium heat. Add the mushrooms and season with a little salt (optional) and pepper to taste. Sauté for 3-4 minutes until tender, then tip on to a plate.

Break the eggs into a bowl and add the milk, then season with plenty of freshly ground pepper. Gently beat the eggs and milk with a fork until the yolks and whites are just combined. Don't be tempted to over-beat the omelette, as it will spoil the texture.

Wipe out the frying pan and put back on a medium heat. Add another teaspoon of the oil and quickly swirl it around, tilting the pan so that the base and the sides get coated. Now turn up the heat to its highest setting.

Pour in half of the beaten egg mixture, tilting it around to spread the eggs in an even layer. Place on the heat for about 20 seconds, tilting the pan until there is liquid egg left, just on the surface. Scatter half of the sautéed mushrooms down the middle and then sprinkle the ricotta cheese on top before folding over to enclose the fillings. The easiest way to do this is to tilt the pan again, and flip one side of the omelette into the centre, then fold again.

Take the frying pan to the plate with one of the salads and the last fold will be when you tip the omelette out on to the plate with the salad. It's worth remembering that an omelette will

continue cooking, even on the plate, so serve it immediately. Repeat with the rest of the oil and egg mixture to make a second omelette. Serve at once.

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.

DINNER ACCOMPANIMENT – 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 teaspoon 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 (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 7 DAY 6 Tuesday 25th February



DINNER Nutty Fried Rice with Satay Sauce

Serves 2 (each serving contains approximately 470 kcal)

The Ingredients

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

- 1 small head of broccoli (you need 200g florets)
- 300g mushrooms (chestnut or ordinary)
- 25g unsalted cashew nuts
- 1 tablespoon rapeseed oil (15g)
- 1 egg
- freshly ground black pepper

The Method

Rinse the rice well in a sieve and then put in a saucepan with 250ml of water. Bring to the boil, then reduce the heat and cover with a lid. Simmer for 15 minutes without lifting off the lid, then turn off the heat and leave to sit for another 10 minutes for perfectly cooked rice (or simply cook according to packet instructions). Spread out on to a tray and allow to cool to prevent further cooking or use leftover rice, which this type of recipe is perfect for.

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

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

Heat a 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 7 DAY 7 Wednesday 26th February



DINNER Spinach & Feta Frittata

Serves 2 (each serving contains approximately 400 kcal)

The Ingredients

- 1 small onion
- 1 potato (such as Roaster or Maris Piper – 200g)
- 1 red pepper
- 1 tablespoon softened butter (15g)
- 4 eggs

- 4 tablespoons low fat milk (1.5% fat – 60ml)
- 50g feta cheese
- small handful of fresh basil leaves (5g)
- 25g baby spinach leaves
- 50g mixed salad leaves
- salt (optional) and freshly ground black pepper

The Method

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

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

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

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

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

Prepare Ahead

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

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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 (5g)
- Butternut squash (1)
- Carrots (5)
- Celery stick (1)
- Cherry tomatoes (500g)
- Chives (5g – if making vinaigrette)
- Coriander (10g)
- 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)
- Scallions (1 bunch)
- Sugar snap peas (400g)
- Turnip (1 small)

Fresh Produce

- Chicken fillets (4 skinless)
- Chicken thighs (4 skinless on the bone)
- Cod fillets (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 (½ 400g tin – 120g drained)
- Chilli powder (6.25g)
- Chopped tomatoes (200g tin or ½ 400g tin)
- Coconut 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)
- Wholemeal fusilli pasta (100g)

SHOPPING LISTS – WEEK 7
Main and Vegetarian Plans

Week 7

20th February – 26th February

Dinner Vegetarian Plan Shopping List

(herbs used can be fresh or dried and always remember to wash raw vegetables)

Fruit & Vegetables

- Baby new potatoes (250g)
- Baby spinach leaves (75g)
- Basil (5g)
- Broccoli (1 small head – you need 200g florets)
- Carrots (7)
- Cauliflower (½ small head – you need 200g florets)
- Celery stick (1)
- Cherry tomatoes (on the vine – 200g + 100g)
- Chives (5g – if making vinaigrette)
- Coriander (15g)
- Cucumber (1/4)
- Fennel bulbs (2)
- Flat-leaf parsley (5g)
- Garlic cloves (5)
- Green beans (200g)
- Leeks (2)
- Lemon (1)
- Mixed salad leaves (50g)
- Mushrooms (chestnut or ordinary – 500g)
- Onions (2 small)
- Potatoes (2 – each 200g)
- Red onion (1)
- Red peppers (2)
- Scallions (1 bunch)
- Thyme (5g)

Fresh Produce

- Butter (15g)
- Eggs (10)
- Low fat milk (1.5% fat – 85ml)
- Feta cheese (50g)
- Firm tofu (drained – 150g)
- Ricotta cheese (50g)

Dried Goods

- Balsamic vinegar (15g + 30g – if making vinaigrette)
- Black beans (200g tin or use ½ 400g tin)
- Cannellini beans (400g tin)
- Chickpeas (400g tin)
- Chilli powder (6.25g)
- Chopped tomatoes (400g tin + 200g tin or use ½ 400g tin)
- Coconut milk (160g tin)
- Curry paste or powder (2.5g)
- Dried chilli flakes (1.25g)
- Freshly ground black pepper
- Ground cumin (7.5g)
- Ground turmeric (1.25g)
- Honey (5g – if making vinaigrette)
- Natural peanut butter (15g – preferably crunchy with no added sugar & salt – check the label the sugar should be no more than 5g per 100g)
- Rapeseed oil (90g + 50ml if making own vinaigrette – cold-pressed for a stronger flavour)
- Red lentils (dried – 225g)
- Reduced salt vegetable stock cubes (2)
- Reduced sodium soy sauce (15g)
- Rice vinegar (5g)
- Salt (if using)
- Sesame seeds (5g)
- Unsalted cashew nuts (25g)
- Vinaigrette salad dressing (shop-bought or make your own – 1.25g)
- Wholegrain brown rice (220g)
- Wholegrain mustard (15g if making vinaigrette)

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Andrea & Barry



Lorraine



Tanya



Shane

Recipes for WEEK 7
and Shopping Lists for WEEK 7

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

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WEEK 7

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
Petat Steamer
Kitchen scissors
Sieve
Ladle

MEN'S SNACK

Fruit Cup

Serves 1 (contains approximately 200 kcal)

The Ingredients
120g melon (use any variety such as Cantaloupe)
120g grapes (red or green or use a mixture)
juice of 1 lime
80g natural yoghurt (3% fat)
3-4 fresh mint leaves (to taste)

The Method
Remove the seeds from the melon with a teaspoon. Using a sharp knife mark the flesh into small cubes, then carefully cut off the skin into a bowl. Cut each grape in half and add them with the lime juice, gently mixing to combine.

Spoon into a glass serving dish and add the yoghurt, then tear over enough of the mint leaves to your taste before serving.

Prepare Ahead
Bring the prepared melon and grapes in an airtight container with the mint leaves sitting on top and a lime already halved to squeeze over before serving. Put the yoghurt in a little pot tucked inside and have a spoon to eat with.

* Suitable for vegetarians.



Weekly shopping lists and recipes available on: www.eurospar.ie

BREAKFAST

Berry & Chia Seed Smoothie

Serves 1 (contains approximately 230 kcal)

The Ingredients
125g frozen or fresh berries (use a mixture or one type)
1 mandarin (or 70g tinned in own juice which has been drained)
2 small carrots
10g baby spinach leaves
60g Greek-style natural yoghurt (3% fat)
90ml almond milk (6 tablespoon.)
2 teaspoons chia seeds (10g)
large handful of ice cubes

The Method
If using frozen berries FSAI (Food Safety Authority of Ireland) now recommends to boil them first in a saucepan of boiling water for 1 minute before draining and using. Then put them into a NutriBullet or similar blender (liquidizer). If you are using fresh berries, then there is no need to cook them first.

If using a fresh mandarin peel off the skin and separate into segments. Add the mandarin to the berries.

Peel the carrots and roughly chop — you'll need 80g in total and add to the fruit with the spinach, yoghurt, almond milk and chia seeds. Add the ice and blend in bursts until smooth. Pour into a tall glass to serve.

Prepare Ahead
Layer up vegetables and fruit in goblet of your blender and then add in the ice along with almond milk just before blending.

* Suitable for vegetarians.

WOMEN'S SNACK

Fruit 'n' Nut Bar

Makes 12 bars (1 bar per serving and each bar contains approximately 100 kcal — only have one bar or mixed berry square or an oatly banana bread bun a day)

The Ingredients
235g porridge oats
1 egg
130g apple compote (shop-bought or see recipe link)
250ml low fat milk (1.5% fat)
1 ½ teaspoon baking powder (7.5g)
1 tablespoon honey (15g)
1 teaspoon vanilla extract (5g)
60g raisins
30g chopped nuts

The Method
Preheat the oven to 170C / 325F / gas mark 3. Line a 17.5cm square baking tin with parchment paper.

Place the oats in a large bowl with the egg, apple compote, milk, baking powder, honey, vanilla extract, raisins and nuts. Using a wooden spoon, stir until evenly mixed.

Place in the oven and bake for 25-30 minutes until golden brown. 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 bars. Arrange a fruit 'n' nut bar on a plate to serve.



LUNCH

Egg Mayonnaise Sandwich

Serves 1 (contains approximately 310 kcal)

The Ingredients
1 large egg
1 scallion
1 teaspoon mayonnaise (5g)
1 teaspoon Greek-style natural yoghurt (3% fat - 5g)
2 slices wholemeal bread
salt and freshly ground black pepper

The Method
Place the egg in a small saucepan covered with water and bring to a simmer, then cook for 10 minutes until hard-boiled.

Meanwhile, trim and thinly slice the scallion. Once the egg is hard-boiled carefully drain it into the sink and run under cold water until cool enough to handle. Crack off the shell and place in a bowl.

Mash the egg with a fork and then season lightly with salt and plenty of freshly ground black pepper. Mix in the mayonnaise and yoghurt and spread on to one of the pieces of bread. Scatter over the scallion and then cut in half on the diagonal and arrange on a plate to serve.

Prepare Ahead
Once the sandwich is made wrap in greaseproof paper, then tin foil to pack into a suitable container for a lunchbox.

* Suitable for vegetarians.



Prepare Ahead

This can be kept wrapped in the parchment paper and another layer of tin foil for up to 2 days or it can be frozen in bars in a suitable airtight container for up to 1 month. Wrap in tin foil to transport.

Suitable for vegetarians.

Main Plan

WEEK 7 DAY 1 Thursday 20th February



DINNER Moroccan Chicken & Butternut Squash

Serves 2 (each serving contains approximately 480 kcal)

The Ingredients
1 leek
1 butternut squash
1 small turnip
2 skinless and boneless chicken fillets
2 teaspoons rapeseed oil (10g)
½ teaspoon ground cumin
½ teaspoon ground coriander
¼ teaspoon ground turmeric
1 tablespoon tomato puree (15g)
350ml chicken stock (from ½ reduced salt cube)
35g raisins
80g couscous (wholemeal if possible)
160ml boiling water
5g fresh coriander leaves
salt (optional) and freshly ground black pepper

The Method
Reduce the heat to low and stir in the butternut squash and turnip. Cover with a lid and simmer for 10-12 minutes until the vegetables are almost tender when pierced with a knife.

Remove the lid, then stir in the chicken and raisins to the vegetable mixture and then recover and simmer very gently for another 10 minutes until the sauce has slightly reduced and the chicken is piping hot with no pink meat and the juices run clear. Remember to wash your hands and utensils in warm soapy water after handling raw chicken.

Put the couscous in a heatproof bowl and pour over the boiling water. Cover with cling film and set aside for at least 5 minutes until all of the water has been absorbed. Remove the cling film and fluff up the couscous with a fork. Finely chop half of the coriander and fold it into the couscous.

Divide the couscous between plates and spoon over the Moroccan chicken and butternut squash. Tear the remaining coriander on top to serve.

Vegetarian Plan

WEEK 7 DAY 1 Thursday 20th February



DINNER Moroccan Chickpea & Vegetable Stew

Serves 2 (each serving contains approximately 510 kcal)

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

The Method
Trim and thinly slice the leek. Peel the butternut squash, then cut in half and remove the seeds. Cut into bite-sized pieces. Trim and peel the turnip and cut into slightly larger pieces. Cut the chicken into chunks and place in a bowl.

Preheat the oven to 180C / 350F / gas mark 4. Place the cod fillets in a small baking dish and smear over the sun-dried tomato pesto and season with pepper. Bake for 10-12 minutes or until cooked through and piping hot. To test the cod is cooked, make a small cut with a small sharp knife to see if the flesh has turned from translucent to opaque.

Meanwhile, put the sugar snap peas into a steamer and season lightly with salt (optional). Cook for the last minute or two before the potatoes are ready until just tender but still with a little crunch.

Arrange the sun-dried tomato cod on plates with the baby new potatoes and sugar snap peas. Cut the lemon into wedges, if using and use as a garnish to serve.

Prepare Ahead
This can be made in advance and put into 2 separate airtight containers in the fridge within 2 hours of cooking for up to 3 days. Only reheat once, when ready to eat, in the microwave or separately in saucepans over a gentle heat.

WEEK 7 DAY 2 Friday 21st February



DINNER Sun-dried Tomato Cod with Baby New Potatoes

Serves 2 (each serving contains approximately 380 kcal)

The Ingredients
250g baby new potatoes
2 x 200g boneless and skinless cod fillets
2 teaspoon sun-dried tomato pesto (from a jar or tube – 10g)
480g sugar snap peas
½ lemon (optional)
salt (optional) and freshly ground black pepper

The Method
Place the baby potatoes in a saucepan half filled with water (or use a two-tiered steamer if you have one) and add a pinch of salt (optional). Bring to the boil and then reduce the heat and simmer

WEEK 7 DAY 2 Friday 21st February



DINNER Leek & Bean Tray Bake with Cherry Tomatoes

Serves 2 (each serving approximately 380 kcal)

The Ingredients
2 leeks
1 bunch of scallions
250g baby new potatoes
200g cherry tomatoes (on the vine)
2 garlic cloves
2 fresh thyme sprigs (5g)
400g tin cannellini beans (240g drained)
1 tablespoon rapeseed oil (15g)
250ml vegetable stock (made from ½ reduced salt stock cube)
1 tablespoon balsamic vinegar (15g)
salt (optional) and freshly ground black pepper

The Method
Preheat the oven to 200C / 400F / gas mark 6. Trim and slice the leeks. Trim the fennel bulbs and cut into slices, then finely chop the fennel fronds and reserve for garnish. Cut the baby potatoes in half. Snip the cherry tomato vines into sections — each one with 3-4

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.

Preheat the oven to 180C / 350F / gas mark 4. Place the cod fillets in a small baking dish and smear over the sun-dried tomato pesto and season with pepper. Bake for 10-12 minutes or until cooked through and piping hot. To test the cod is cooked, make a small cut with a small sharp knife to see if the flesh has turned from translucent to opaque.

Meanwhile, put the sugar snap peas into a steamer and season lightly with salt (optional). Cook for the last minute or two before the potatoes are ready until just tender but still with a little crunch.

Arrange the sun-dried tomato cod on plates with the baby new potatoes and sugar snap peas. Cut the lemon into wedges, if using and use as a garnish to serve.

Prepare Ahead
The cod can be prepared with the pesto and pepper and kept covered with cling film for up to 2 days on the bottom shelf of the fridge. It could also be frozen very successfully for up to 2 weeks. Simply flash freeze on a plate lined with parchment and once frozen transfer to a suitable container.

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

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

Divide the leek and bean tray bake with cherry tomatoes between plates and scatter over the reserved fennel fronds to serve.

Prepare Ahead
The leeks and fennel can be prepared 2 days in advance and kept in a suitable container in the fridge. The stock mixture could also be made up and kept covered in the fridge so there is no prep involved when you are ready to cook. It can also be made in advance and put in an airtight container in the fridge within 2 hours of cooking for up to 3 days. Only reheat once in the microwave or in a preheated oven 180C / 350F / gas mark 4 covered with tin foil for about 20 minutes until piping hot.

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

Prepare Ahead
This curry could be made in advance, left to cool and put in an airtight container in the fridge within 2 hours of cooking for up to 3 days. Just ensure that the rice is chilled down and stored in a

separate airtight container within 2 hours. Reheat in the microwave or can be stored in separate airtight containers for up to 3 days. Only reheat once, when ready to eat, in the microwave or in a saucepan over a gentle heat. The rice would need to be heated separately.

The Method
Trim the scallions and finely chop. Peel the carrots and cut into thin slices and trim the green beans and cut each one in half. Stir into the chicken mixture (reserving a little scallion as a garnish) and season with plenty of freshly ground black pepper, then cover with a lid. Place in the oven and cook for 1 hour or until the chicken is piping hot with no pink meat and the juices run clear.

Once the chicken has been cooking for half an hour, rinse the rice well in a sieve and then put into a small saucepan with 250ml of water and a pinch of salt (optional). Bring to the boil, then reduce the heat and cover with a lid. Simmer for 25 minutes without lifting off the lid, then turn off the heat and leave to sit for another 10 minutes for perfectly cooked rice (or simply cook according to packet instructions). This rice can sit happily for up to 30 minutes with the lid on.

Fluff up the rice and then divide between bowls or plates and add lentil chilli. Scatter over the coriander leaves to serve.

WEEK 7 DAY 3 Saturday 22nd February



DINNER Chicken & Vegetable Coconut Curry

Serves 2 (each serving contains approximately 520 kcal)

The Ingredients
160g tin coconut milk
½ teaspoon curry paste or powder
¼ teaspoon ground turmeric
¼ teaspoon chilli powder
2 skinless and boneless chicken fillets
1 bunch of scallions
4 carrots
200g green beans
80g wholegrain brown rice
salt (optional) and freshly ground black pepper

The Method
Preheat the oven to 160C / 325F / gas mark 3. Pour the coconut milk into a casserole dish (or use a small roasting tin with a lid made of tin foil) and whisk in the curry paste or powder, turmeric and chilli powder. Cut the chicken into bite-sized pieces and stir into the coconut.

WEEK 7 DAY 3 Saturday 22nd February



DINNER Vegetable Coconut Curry with Tofu

Serves 2 (each serving contains approximately 560 kcal)

The Ingredients
80g wholegrain brown rice
1 bunch of scallions
4 carrots
200g green beans
150g firm tofu
1 tablespoon rapeseed oil (15g)
½ teaspoon curry paste or powder
¼ teaspoon ground turmeric
¼ teaspoon chilli powder
160g tin coconut milk
salt (optional) and freshly ground black pepper

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

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

Divide the leek and bean tray bake with cherry tomatoes between plates and scatter over the reserved fennel fronds to serve.

Trim the scallions and finely chop. Peel the carrots and cut into thin slices and trim the green beans and cut each one in half. Stir into the chicken mixture (reserving a little scallion as a garnish) and season with plenty of freshly ground black pepper, then cover with a lid. Place in the oven and cook for 1 hour or until the chicken is piping hot with no pink meat and the juices run clear.

Once the chicken has been cooking for half an hour, rinse the rice well in a sieve and then put into a small saucepan with 250ml of water and a pinch of salt (optional). Bring to the boil, then reduce the heat and cover with a lid. Simmer for 25 minutes without lifting off the lid, then turn off the heat and leave to sit for another 10 minutes for perfectly cooked rice (or simply cook according to packet instructions). This rice can sit happily for up to 30 minutes with the lid on.

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

Prepare Ahead
Once made this recipe can be put in the fridge within 2 hours of cooking and can be stored in separate airtight containers for up to 3 days. Only reheat once, when ready to eat, in the microwave or in a saucepan or casserole with a lid over a gentle heat. The rice would need to be heated separately. It can also be made very successfully in a slow cooker — simply follow the instructions above and cook on low for 4 hours.

Fluff up the rice and then divide between bowls or plates and add lentil chilli. Scatter over the coriander leaves to serve.

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WEEK 7 DAY 4 Sunday 23rd February



DINNER Hearty Beef Chilli

Serves 2 (each serving approximately 480 kcal)

The Ingredients
1 small onion
1 carrot
1 celery stick
1 red pepper
1 tablespoon rapeseed oil (15g)
200g lean steak mince
½ teaspoon ground cumin
1 teaspoon chilli powder
250ml chicken stock (made from ½ reduced salt cube)
200g tin chopped tomatoes (or use ½ 400g tin)
60g wholegrain brown rice
120g drained and rinsed black beans (from ½ 400g tin)
5g fresh coriander leaves
salt (optional) and freshly ground black pepper

The Method
Peel the onion and cut in half, then finely chop. Peel the carrot and dice it with the celery. Cut the red pepper in half and remove the seeds and core, then dice the flesh.

Fluff up the rice and then divide between bowls or plates and add lentil chilli. Scatter over the coriander leaves to serve.

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Heat a frying pan over a medium heat. Add the oil and swirl up the sides. Tip in the onion, carrot, celery and red pepper and sauté for 8-10 minutes until tender and just beginning to pick up a bit of colour.

Tip in the mince and cook for about 5 minutes until well browned, breaking up any lumps with a wooden spoon. Stir in the spices and cook for another minute, stirring.

Stir in the stock and tinned tomatoes and season lightly with salt (optional) and pepper to taste. Bring to a simmer, then reduce the heat and cover with a lid. Simmer gently for at least 30 minutes or up to 1 hour until the mince is piping hot and meltingly tender.

Rinse the rice well in a sieve and then put into a small saucepan with 150ml of water and a pinch of salt, if using. Bring to the boil, then reduce the heat and cover with a lid. Simmer for 25 minutes without lifting off the lid, then turn off the heat to low and leave to sit for another 10 minutes for perfectly cooked rice (or simply cook according to packet instructions). This rice can sit happily for up to 30 minutes with the lid on.

Stir the black beans into the chilli and simmer until piping hot, stirring occasionally.

Fluff up the rice and then divide between bowls or plates and add the hearty beef chilli. Tear over the coriander leaves to serve.

Prepare Ahead
Once made this recipe can be put in the fridge within 2 hours of cooking and can be stored in separate airtight containers for up to 3 days. Only reheat once, when ready to eat, in the microwave or in

separate airtight container within 2 hours. Reheat in the microwave or can be stored in separate airtight containers for up to 3 days. Only reheat once, when ready to eat, in the microwave or in a saucepan over a gentle heat. The rice would need to be heated separately.

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

Rinse the rice well in a sieve and then put into a small saucepan with 150ml of water and a pinch of salt, if using. Bring to the boil, then reduce the heat to low and cover with a lid. Simmer for 25 minutes without lifting off the lid, then turn off the heat and leave to sit for another 10 minutes for perfectly cooked rice (or simply cook according to packet instructions). This rice can sit happily for up to 30 minutes with the lid on.

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

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

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

Fluff up the rice and then divide between bowls or plates and add lentil chilli. Scatter over the coriander leaves to serve.

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WEEK 7 DAY 5 Monday 24th February



DINNER Mushroom & Ricotta Omelette with Mixed Salad

Makes 2 (each omelette contains approximately 380 kcal)

The Ingredients
50g baby spinach leaves
14 cherry tomatoes (100g)
1/4 cucumber
1 teaspoon vinaigrette salad dressing (see recipe link or use shop-bought - 5g)
200g mushrooms (chestnut or ordinary)
1 tablespoon rapeseed oil (15g)
5 eggs
25ml low fat milk (1.5% fat)
50g ricotta cheese
salt (optional) and freshly ground black pepper

Prepare Ahead
Once made this recipe can be put in the fridge within 2 hours of cooking and can be stored in separate airtight containers for up to 3 days. Only reheat once, when ready to eat, in the microwave or in a saucepan over a gentle heat. The rice would need to be heated separately.

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

Fluff up the rice and then divide between bowls or plates and add lentil chilli. Scatter over the coriander leaves to serve.

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