

THURSDAY - DINNER

Chicken & Veggie Pizza

Serves 2 (each serving contains approximately 505 kcal, 38g protein, 22g fat, 40g carbohydrates)

The Ingredients

100g cherry tomatoes
100g mushrooms
1 small red pepper (150g)
100g mozzarella ball
2 wholemeal pitta breads (112g)
3 tablespoons passata (Italian sieved tomatoes) (45g)
½ teaspoon garlic granules (2.5g)
200g cooked chicken, diced or shredded
Freshly ground black pepper
Handful of fresh basil leaves, to garnish (optional)

The Method

Preheat the oven to 190°C, (375°F), gas mark 5. Chop the cherry tomatoes into halves. Cut the mushrooms into slices, then remove the core from the red pepper and cut into slices. Dice the mozzarella.

Put the pitta breads on a baking sheet and place in the oven for 1-2 minutes to warm it up. Transfer to a chopping board and carefully cut each one open to give you two halves. Arrange them back on the baking sheet, cut side down.

Spread over the passata, leaving a rim around the edges and sprinkle over the garlic granules. Scatter over the vegetables with the mushrooms. Add the chicken and scatter the mozzarella on top. Season with pepper.

Place in the oven and cook for 12-15 minutes until bubbling and lightly golden. Cut the pizzas into slices and arrange on plates to serve.

* Suitable for vegetarians if plant-based alternative is used instead of chicken

FRIDAY - DINNER

Paul's Salmon Tin Foil Dinner

Serves 2 (each serving contains approximately 572 kcal, 36g protein, 33g fat, 36g carbohydrates)

The Ingredients

250g potatoes
400g bunch asparagus
2 tablespoons rapeseed or olive oil (30g)
1 teaspoon garlic granules
2 x 130g boneless & skinless salmon fillets
250g cherry tomatoes on the vine
Freshly ground black pepper

The Method

Preheat the oven to 180°C (350°F), gas mark 4. Cut the potatoes into slices, then place in a colander and rinse off any excess starch. Place in a tea towel and dry well. Trim the asparagus spears.

Line a baking tin with tin foil. Scatter over the potato slices and drizzle with the half the oil. Season with pepper, then sprinkle the garlic granules on top. Mix until evenly combined and bake for 9 minutes.

Remove the tin from the oven and turn the potatoes over. Make space for the salmon fillets, then season with pepper and nestle in the cherry tomatoes on the vines. Drizzle with a little more of the oil and roast for another 5 minutes.

Remove the salmon from the oven and scatter over the asparagus and drizzle with the rest of the oil. Roast for 6-7 minutes until the salmon is tender and the potatoes and asparagus are cooked through. Check that the salmon is cooked with a sharp knife. Arrange the salmon on plates with the potatoes, asparagus and cherry tomatoes to serve.

* Suitable for vegetarians if plant-based alternative is used instead of salmon

SATURDAY - DINNER

Black Bean Burrito

Serves 2 (each serving contains approximately 500 kcal, 17g protein, 16g fat, 71g carbohydrates)

The Ingredients

1 garlic clove
½ small red onion
20g baby spinach leaves
400g tin black beans
1 tablespoon rapeseed or olive oil (15g)
45g tinned kidney beans, drained and rinsed
150ml water
¼ teaspoon dried chilli flakes
200g tin chopped tomatoes (or ½ regular tin)
2 large wholemeal wraps (62g each)
20g Cheddar cheese
2 tablespoons salsa (shop-bought)
Freshly ground black pepper

The Method

Trim and peel the garlic, then crush the garlic with a garlic crusher. Peel off the skin the red onion and cut into dice. Shred the spinach leaves.

Drain and rinse the black beans in a sieve.

Heat a frying pan over a medium heat and add the oil. Stir in the garlic and add the kidney beans with the black beans and sauté for 1-2 minutes. Pour in the water and then add chilli flakes, chopped tomatoes and onion. Stir to combine. Bring to the boil, then season with pepper. Reduce the heat to low and simmer for about 5 minutes to reduce, stirring occasionally.

Take a clean frying pan and put back on a medium heat. Add each wholemeal wrap for 10-15 seconds on each side, using a tongs to turn them over.

Put on a clean chopping board and add the bean mixture. Grate over the cheese and scatter the spinach on top. Finish with the salsa. Tuck in the ends and fold into a burrito shape. Cut the black bean burrito in half and arrange on a plate to serve.

*Suitable for vegetarians

NOTE: The bean mixture can be made in advance and left to cool and put into the fridge within 2 hours of cooking for up to 3 days in an airtight container. Reheat only once in the microwave or in a pan over a gentle heat when needed. The burrito also would be good served cold packed into a lunchbox.

SUNDAY - DINNER

Roast Chicken with Mashed Potatoes, Green Beans & Gravy

Serves 2 (each serving contains approximately 502 kcal, 24g protein, 27g fat, 46g carbohydrates)

The Ingredients

2 large chicken thighs (220g in total)
400g potatoes
200g green beans
250g carton fresh poultry gravy or 4 teaspoons chicken gravy granules (20g)
15g butter
2 tablespoons low fat milk (1.5% fat) (30g)
Freshly ground black pepper

The Method

Preheat the oven to 180°C, (350°F), gas mark 4. Pat the chicken skin dry with kitchen paper and place in a small non-stick roasting tin. Season with pepper and roast for 45 minutes or until cooked through and golden brown. Test with a small knife to ensure the chicken is cooked through.

Meanwhile, peel the potatoes and cut them into even sized chunks. Put in a pan of water and bring to the boil. Cover with a lid, then reduce the heat and simmer for 15-20 minutes or until completely tender but still holding their shape.

Trim the green beans and place in a separate small pan of boiling water, then cover and simmer for 3-4 minutes until tender. Drain well.

Heat the gravy according to carton instructions in a small pan or make up the gravy granules according to packet instructions and simmer gently until heated through, stirring occasionally to ensure there is no lumps.

Remove the cooked chicken from the oven and leave to rest for about 5 minutes.

Drain the cooked potatoes and return to the hot pan with the lid on and leave for a few minutes to dry out. Add the butter and pepper and mash until smooth, then beat in the milk.

Place a chicken thigh on each plate with some mashed potatoes and season with pepper. Add the green beans and pour over the gravy to serve.

* Suitable for vegetarians if plant-based alternative is used instead of chicken

MONDAY - DINNER

Easy Chickpea Masala

Serves 2 (each serving contains approximately 569 kcal, 20g protein, 16g fat, 96g carbohydrates)

The Ingredients

80g wholegrain rice
1 onion (150g)
1 garlic clove
1 small red pepper (125g)
1 tablespoon rapeseed or olive oil (15g)
1 teaspoon ground cumin (5g)
1 teaspoon ground turmeric (5g)
1 teaspoon ground coriander (5g)
1 teaspoon garam masala (5g)
400g tin chopped tomatoes
400g tin chickpeas, drained and rinsed
2 tablespoons raisins (20g)
40g natural yoghurt
1 tablespoon toasted flaked almonds (10g)
Freshly ground black pepper
Handful fresh coriander leaves (optional)

The Method

Put the rice in a pan with 250ml of water. Bring to the boil, then reduce the heat and cover with a lid. Simmer gently for 25 minutes for perfectly cooked rice.

Meanwhile, peel and dice the onion, Peel and crush the garlic. Remove the core from the red pepper and dice.

Heat a non-stick pan over a medium to high heat. Add the oil and then sauté the onion and red pepper for 2-3 minutes. Stir in the garlic and spices and then sauté for another 1-2 minutes.

Pour in the tomatoes and chickpeas, stirring to combine. Add the raisins and season with pepper. Cover, then reduce the heat and simmer for about 5 minutes until heated through.

Ladle the chickpea masala into bowls and garnish with a dollop of yoghurt and a sprinkling of coriander, if liked to serve.

* Suitable for vegetarians

* Suitable for batch cooking

TUESDAY - DINNER

Chicken, Bean & Broccoli Bake

Serves 2 (each serving contains approximately 574 kcal, 52g protein, 18g fat, 46g carbohydrates)

The Ingredients

2 skinless chicken fillets (300g)
1 onion (150g)
1 garlic clove
1 small head of broccoli (200g)
1 tablespoon rapeseed or olive oil (15g)
250ml low fat milk (1.5% fat)
1 teaspoon cornflour (5g)
4 teaspoons water (20g)
400g tin cannellini beans, drained and rinsed
1 slice of wholegrain bread (32g)
1 tablespoon sesame seeds (15g)
Freshly ground black pepper

The Method

Preheat the oven to 180°C, (350°F), gas mark 4. Cut the chicken into chunks on a chopping board. On a clean board peel and dice the onion. Peel and crush the garlic.

Break the broccoli into small florets and blanch in a pan of boiling water over a high heat for 1-2 minutes until just tender but still with a little bite. Drain into a colander and set aside until needed.

Place a non-stick frying pan on a medium heat. Add the oil and sauté the chicken for 2-3 minutes until sealed and lightly golden.

Add the onion and garlic to the chicken and continue to sauté for 2-3 minutes. Season with pepper. Pour in the milk and bring to a simmer.

Meanwhile, mix the cornflour with the water and stir into the chicken mixture. Simmer for another minute or two, stirring until thickened.

Fold the cannellini beans and broccoli into the chicken mixture and then transfer to an ovenproof dish. Blitz the bread into crumbs and then sprinkle over the bake with the sesame seeds. Bake in the oven for 15-20 minutes until bubbling and lightly golden. Test with a small knife to ensure the chicken is cooked through.

Divide the chicken, bean and broccoli bake into portions and spoon into bowl. Season with pepper to serve.

* Suitable for vegetarians if plant-based alternative is used instead of chicken

WEDNESDAY - DINNER

Rainbow Chilli

Serves 2 (each serving contains approximately 497 kcal, 20g protein, 17g fat, 77g carbohydrates)

The Ingredients

1 butternut squash
1 onion (150g)
1 garlic clove
1 small red pepper (150g)
1 small courgette (150g)
1 tablespoon rapeseed or olive oil (15g)
1 teaspoon ground cumin (5g)
1 teaspoon dried chilli flakes (5g)
1 teaspoon ground turmeric (5g)
400g tin chopped tomatoes
400g tin black beans, drained and rinsed
50g natural yoghurt
2 tablespoons toasted flaked almonds (20g)
Freshly ground black pepper
Handful fresh coriander leaves (optional)

The Method

Peel the butternut squash and cut in half, then scoop out the seeds and dice the flesh. Peel and finely chop the onion. Peel and crush the garlic. Remove the core from the red pepper and dice. Top and tail the courgette and dice.

Heat a large non-stick pan over a medium heat. Add the oil, then tip in the onion and sauté for 2-3 minutes until softened. Season with pepper. Tip in the butternut squash, red pepper and courgette and sauté for 2-3 minutes.

Stir the spices into the pan and cook for 1-2 minutes, stirring. Stir in the garlic and then tip in the tomatoes and black beans and bring to a simmer. Cover with a lid, then reduce the heat and simmer for 15-20 minutes until all the vegetables are tender.

Divide the rainbow chilli into bowls and add a dollop of yoghurt and scatter over the almonds. Finish with the coriander, if liked to serve.

* Suitable for vegetarians

* Suitable for batch cooking