**THURSDAY - DINNER**

**Pork Chop with Apple & Cauliflower & Potato Mash**

**Serves 2 (each serving contains approximately 543 kcal, 37g protein, 26g fat, 43g carbohydrates)**

**The Ingredients**

1 large potato (250g)

150g piece cauliflower

2 teaspoons rapeseed or olive oil (10g)

2 boneless loin pork chops (well-trimmed of excess fat) (300g)

1 apple (125g)

2 small carrots (200g)

15g butter

2 tablespoons low fat milk (1.5% fat) (30g)

Freshly ground black pepper

Handful fresh flat-leaf parsley leaves, to garnish (optional)

**The Method**

Peel the potato and cut into even-sized chunks. Break the cauliflower into small florets. Place in a pan of boiling water and return to the boil. Reduce the heat, cover with a lid and simmer for 15-20 minutes until tender.

Heat a non-stick frying pan over a medium to high heat. Add the oil and then add the pork chops and season with pepper. Cook for 4-5 minutes until golden brown.

Meanwhile, peel and finely slice the apple and add to the frying pan. Turn the pork chops over and cook for another 4-5 minutes until the pork chops are cooked through and tender and the apples are nicely glazed. Test with a small knife to ensure the chops are cooked through. Remove from the heat and leave to rest for 5-10 minutes.

Peel the carrots and cut into thin slices. Place in a pan of boiling water and cook for 3-4 minutes until just tender. Drain.

Drain the potatoes and cauliflower and return to the hot pan. Cover and leave for a few minutes to dry out. Mash with the butter and season with pepper, then beat in the milk.

Arrange the pork chops and apple slices on plates with the cauliflower and potato mash. Add the carrots and garnish with some parsley, if liked to serve.

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

**FRIDAY - DINNER**

**Fish & Chips**

**Serves 2 (each serving contains approximately 538kcal, 35g protein, 21g fat, 52g carbohydrates)**

**The Ingredients**

200g potato, scrubbed

2 tablespoons rapeseed or olive oil (30g)

25g plain flour

1 egg

2 tablespoons low fat milk (1.5% fat) (30g)

30g fresh white breadcrumbs (or use dried often known as panko)

30g porridge oats

250g boneless & skinless cod fillets

100g salad leaves (mixture of watercress, rocket & spinach)

7 cherry tomatoes

1 teaspoon snipped fresh chives (5g)

2 tablespoons natural yoghurt (30g)

1 tsp sweet chilli sauce (5g)

Freshly ground black pepper

**The Method**

Preheat the oven to 200°C (400°F), gas mark 6. Cut the potatoes into chips. Place in a pan of boiling water and cook for 2 minutes until almost tender but still holding their shape. Arrange on a baking sheet lined with parchment paper and drizzle with half of the oil, tossing to coat evenly. Put in the top shelf of the oven. Roast for about 25 minutes until cooked through and golden brown, turning halfway to ensure that they cook evenly.

Meanwhile, put the flour into a shallow dish and season with pepper. Break the egg into a bowl and add the milk, season with pepper then beat to combine with a fork. Mix the breadcrumbs and oats in a separate bowl and line the three bowls up alongside each other with an empty plate ready for the coated cod.

Using a small sharp knife or scissors, cut the fish into strips. In small batches of 2-3 pieces toss the cod strips in the flour to coat, shaking off any excess. Dip in the beaten egg mixture and then roll in the breadcrumbs. Put on the plate while you finish off the remainder.

Arrange the goujons on a separate baking sheet lined with parchment paper and drizzle over the remaining oil on the goujons, turning them over to ensure they are all evenly coated. Place in the oven and cook for 10 minutes until cooked through and tender. Test with a sharp knife to ensure they are cooked through.

Arrange the fish goujons on plates with the potato chips. Cut the cherry tomatoes in half, then add the salad leaves and scatter with the chives. Put the yoghurt into small dishes or straight on to the pates and drizzle with half the chilli sauce to serve.

\*Suitable for vegetarians if a plant-based alternative is used instead of fish

**SATURDAY - DINNER**

**Peanut Butter Chicken Curry**

**Serves 2 (each serving contains approximately 566kcal, 44g protein, 22g fat, 50g carbohydrates)**

**The Ingredients**

1 small onion (75g)

150g piece butternut squash (you need 100g of flesh)

2 garlic cloves

2.5cm piece fresh ginger root (15g)

2 mild red chillies (optional)

1 lemongrass stalk

1 teaspoon ground cumin

1 teaspoon ground coriander

1 teaspoon ground turmeric

1 lime

2 skinless and boneless chicken fillets

80g wholegrain rice

2 teaspoons rapeseed or olive oil (10g)

1 ½ tablespoons peanut butter (100% nuts) (22.5g)

200g tinned light coconut milk

1 tablespoon reduced salt soy sauce (15g)

3-4 tablespoons water (45-60g) (optional)

Freshly ground black pepper

**The Method**

Cut the onion in half, then peel and finely grate. Peel the butternut squash and cut into small cubes – you need 100g of flesh. Peel the garlic and ginger, then finely grate. If using chillies, cut one of them in half, then remove the seeds and finely chop. Cut the other chilli into thin rings for garnish. Trim the lemongrass stalk and remove the outer layers, then finely chop.

Place the garlic with half of the lemongrass and the ginger into a bowl. Add half of the cumin, coriander and turmeric. Cut the lime in half and squeeze in half of the juice, then cut the remaining half into 2 wedges for garnish. Season with pepper and mix to combine.

On a clean chopping board, cut the chicken into cubes and add to the garlic, lemongrass and ginger mixture, stirring to combine. Set aside to marinade for at least 15 minutes or cover with clingfilm overnight in the fridge is perfect.

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

Heat a wok or large frying pan over a medium to high heat. Add the oil, swirling it up the sides and then tip in the grated onion with the rest of the lemongrass and the chilli, if using, stirring to combine. Stir in the spices and then the peanut butter followed by the coconut milk and soy sauce. Stir-fry for 4-6 minutes until well reduced and thickened.

Bring the curry to a gentle simmer and stir in the butternut squash and chicken, then cook for 8-10 minutes until the sauce has reduced and slightly thickened and the butternut squash and chicken are tender, adding a little of the water if you think the sauce is becoming too reduced. Test the chicken with a small sharp knife that the juices run clear. Leave to rest for a few minutes.

Fluff up the rice and divide between bowls. Add the chicken peanut curry and top with the reserved chilli rings, if using and lime wedges to serve.

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

\* Suitable for batch cooking

**SUNDAY - DINNER**

**Creamy Paprika Chicken with Sweet Potato Wedges**

**Serves 2 (each serving contains approximately 496 kcal, 47g protein, 12g fat, 52g carbohydrates)**

**The Ingredients**

2 sweet potatoes (400g)

1 tablespoon rapeseed or olive oil (15g)

2 skinless chicken fillets (300g)

50g quark

2 garlic cloves

½ teaspoon smoked paprika

200g green beans

Freshly ground black pepper

**The Method**

Preheat the oven to 180°C, (350°F), gas mark 4. Peel the sweet potatoes and cut into even-sized wedges. Place in a non-stick baking tray and add two teaspoons of the oil, tossing to coat. Roast for 25-30 minutes until tender and golden brown.

Place the chicken fillets into an ovenproof dish and drizzle over the remaining teaspoon of oil. Place the quark in a bowl. Peel and crush in the garlic cloves. Add the paprika and season with pepper. Spoon over the chicken and bake for 15-20 minutes or until cooked through and tender. Test with a small knife to ensure the chicken is cooked through.

Trim the green beans and cook in a pan of boiling water for 3-4 minutes until tender. Drain.

Arrange the paprika chicken on plates. Add the sweet potato wedges and green beans. Season with pepper to serve.

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

**MONDAY – DINNER**

**Niamh’s Roasted Gnocchi, Cherry Tomatoes & Veggie Sausages**

**Serves 2 (each serving contains approximately 545 kcal, 24g protein, 25g fat, 58g carbohydrates)**

**The Ingredients**

20 cherry tomatoes

250g packet fresh gnocchi

2 vegetarian sausages (such as Linda McCartney, Rudds, Denny, Clonakilty) (90g)

250g carton baby mozzarella balls (bocconcini – 125g drained weight or see below)

25g black olives

Handful fresh basil leaves (optional)

1 tablespoon rapeseed or olive oil (15g)

Freshly ground black pepper

**FOR THE SALAD**

80g baby spinach leaves

2 tomatoes

¼ cucumber

1 tablespoon vinaigrette salad dressing (shop-bought – 15g)

**The Method**

Preheat your oven to 200°C (400°F), gas mark 6. Cut the cherry tomatoes in half and cut the vegetarian sausages into 1cm pieces. Place them both in a large bowl with the gnocchi and drizzle in the oil and season lightly with pepper. Toss until evenly coated and then tip into a large non-stick baking tin. Roast for 25 minutes, stirring after 15 minutes to ensure everything cooks evenly.

Meanwhile, drain the liquid off the mozzarella balls and slice each ball in half. Finely slice the basil leaves, if using. Remove the stones from the black olives and finely chop. After 25 minutes remove the baking tin from the oven and scatter over the mozzarella, basil and olives, stirring gently to combine.

To make the salad, put the spinach leaves in a bowl. Dice the tomatoes and cucumber and scatter on top. Dress with the vinaigrette, tossing to coat.

Divide the roasted gnocchi, cherry tomatoes & veggie sausages among bowls and serve with the bowls of salad alongside.

NOTE: You can use a 125g fresh mozzarella ball instead of the packet of baby mozzarella balls (bocconcini) and cut it into large chunks.

\*Suitable for vegetarians

**TUESDAY - DINNER**

**Chicken Parmigiano**

This Chicken Parmigiana recipe was created by the first year Home Economics students from St Mary’s CBS Mullingar, Co Westmeath.

**Serves 2 (each serving contains approximately 596 kcal, 35g protein, 27g fat, 56g carbohydrates)**

**The Ingredients**

1 small onion (75g)

1 small carrot (75g)

1 celery stick (35g)

2 garlic cloves

2 tablespoons rapeseed or olive oil (30g)

200g tinned chopped tomatoes or passata (Italian sieved tomatoes)

80g wholewheat spaghetti

1 skinless chicken fillet (150g)

1 tablespoon plain flour (15g)

1 egg

1 slice wholegrain bread (32g)

1 tablespoon freshly grated Parmesan (10g)

2 x 25g slices mozzarella cheese

Freshly ground black pepper

Handful fresh basil leaves, to garnish (optional)

**The Method**

Cut the onion in half, then peel and dice. Peel and trim the carrot and then finely chop. Trim the celery and finely chop. Peel and crush the garlic.

To make the sauce, heat a pan over a medium heat. Add half the oil with the onion, carrot, celery and garlic and sauté for 2-3 minutes until softened but not coloured. Season with pepper and stir in the tomatoes or passata, then simmer for 10-15 minutes, stirring occasionally until thickened. Blitz with a hand blender until smooth, adding a little water if necessary to make a thick sauce.

Meanwhile, plunge the spaghetti into a large pan of boiling water and cook for 10-12 minutes or according to packet instructions until just tender.

Cut the chicken in half so you have two thin fillets, then cover with parchment paper and bash with a rolling pin until they are the same thickness all over. Put the flour in a shallow dish. Break the egg into another dish, then season with pepper and lightly beat. Blitz the bread into breadcrumbs and put into a third dish with the Parmesan, stirring to combine. Working with one piece of chicken at a time, lightly coat in the flour, then dip into the beaten egg, and finally coat in the breadcrumb mixture. Transfer the breadcrumbed fillets to a baking sheet as you go.

Heat a large non-stick frying pan over a medium heat. Add the rest of the oil and cook the breadcrumbed chicken fillets for 3 minutes on each side until crisp and golden brown.

Heat the grill to high. Arrange the chicken on a baking tray and spoon a little of the sauce over the middle of each fillet, then top each one with mozzarella. Grill the fillets for 2 minutes until the mozzarella is melted and bubbling. Test with a small knife to ensure the chicken is cooked through.

Drain the spaghetti and fold in the rest of the tomato sauce. Divide between plates and add a chicken Parmigiano to each one. Garnish with basil, if liked to serve.

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

**WEDNESDAY - DINNER**

**Spinach & Lentil Dahl**

**Serves 2 (each serving contains approximately 527 kcal, 32g protein, 11g fat, 84g carbohydrates)**

**The Ingredients**

1 onion (150g)

1 head of broccoli (300g)

2 garlic cloves

5cm piece fresh root ginger (30g)

1 tablespoon rapeseed or olive oil (15g)

1 teaspoon ground turmeric

1 teaspoon ground cumin

175g red lentils

875ml water

30g baby spinach leaves

1 wholemeal pitta bread (56g)

Freshly ground black pepper

**The Method**

Cut the onion in half, then peel and finely chop. Cut the broccoli into tiny florets. Peel and finely grate the garlic and ginger.

Heat a non-stick pan over a medium heat and add the oil. Saute the onion for 2-3 minutes. Add the garlic, ginger, turmeric and cumin and sauté for another 1-2 minutes. Stir in the lentils and then pour in the water and season with pepper.

Bring the dahl to the boil, then reduce the heat and cover with a lid. Simmer for 15 minutes. Stir in the broccoli and cook for another 4-5 minutes until tender. Stir in the spinach and allow to wilt. The lentils should be nice a tender at this point.

Toast the pitta bread and cut in half. Divide the spinach & lentil dahl into bowls and arrange on plates with a piece of the pitta bread. Season with pepper to serve.

\* Suitable for vegetarians

\* Suitable for batch cooking