

THURSDAY - DINNER

Caprese Stuffed Chicken with Crispy Potatoes

Serves 2 (each serving contains approximately 532 kcal, 49g protein, 22g fat, 35g carbohydrates)

The Ingredients

1 head of broccoli (150g)
350g baby new potatoes
2 skinless chicken fillets (300g)
1 tablespoon rapeseed or olive oil (15g)
30g grated mozzarella cheese
50g cherry tomatoes
Few fresh basil leaves (optional)
Freshly ground black pepper

The Method

Preheat the oven to 180°C, (350°F), gas mark 4. Cut the broccoli into small florets. Cut the new potatoes into halves or quarters depending on their size and put in a non-stick baking tray.

On a clean chopping board, carefully cut each chicken breast fillet into a butterfly shape and season with pepper. Slice the tomatoes and arrange them on one half of each chicken breast and scatter the mozzarella on top. Tear over the basil, if using then fold over and secure each one with cocktail sticks.

Add the stuffed chicken fillets to the baking tray with the potatoes and drizzle with the oil, tossing to coat evenly. Bake for 20-25 minutes or until the chicken is tender and the potatoes are slightly golden. Test with a small knife to ensure the chicken is cooked through.

Meanwhile, blanch the broccoli in a pan of boiling water for 2-3 minutes until tender, then drain.

Transfer the Caprese stuffed chicken to plates with the crispy potatoes and add the broccoli alongside. Scatter with a little extra basil, if liked to serve.

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

FRIDAY - DINNER

Cajun Hake & Vegetable Bake

Serves 2 (each serving contains approximately 515 kcal, 35g protein, 22g fat, 48g carbohydrates)

The Ingredients

2 potatoes (400g)
1 red onion (150g)
1 small red pepper (150g)
1 small courgette (150g)
4 teaspoons rapeseed or olive oil (20g)
1 ½ teaspoons Cajun seasoning (7.5g)
1 teaspoon garlic granules
2 x 150g skinless & boneless hake fillets
1 tablespoon sunflower seeds (15g)
2 tablespoons light mayonnaise (30g)

The Method

Preheat the oven to 200°C, (400°F), gas mark 6. Cut the potatoes into thin wedges. Cut the onion in half and peel, then cut into thick wedges. Remove the core from the red pepper and cut into slices. Top and tail the courgette, then cut into chunks.

Place all the vegetables on a baking tray and drizzle over one tablespoon of oil. Toss to coat evenly, then sprinkle over one teaspoon of the Cajun seasoning and the garlic granules. Put in the oven for 20 minutes.

Drizzle the hake with the remaining teaspoon of oil and sprinkle over the rest of the Cajun seasoning. Remove the vegetables from the oven and make room in the middle to tuck in the pieces of hake. Sprinkle over the sunflower seeds and bake for another 10-12 minutes or until the hake is cooked through and tender. Test with a small knife to ensure the hake is cooked through.

Arrange the Cajun hake and vegetables on plates and add a tablespoon of the mayonnaise to each one. Season with pepper to serve.

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

SATURDAY - DINNER

Chipper Spice Bag

Serves 2 (each serving contains approximately 530 kcal, 46g protein, 16g fat, 50g carbohydrates)

The Ingredients

1 large potato (350g)
1 small red pepper (150g)
1 red onion (150g)
1 tablespoon rapeseed or olive oil (15g)
1 teaspoon Chinese five-spice powder
2 skinless chicken fillets (300g)
1 egg
1 teaspoon ground cumin
2 slices wholegrain bread (64g)

The Method

Preheat the oven to 200°C, (400°F), gas mark 6. Cut the potato into chips and place on a large baking tray. Remove the core from the red pepper and cut into slices. Peel the red onion, then cut in half and cut into thin wedges.

Add the vegetables to the tray and drizzle over two teaspoons of the oil and sprinkle with the Chinese five-spice. Toss with your hands until evenly coated and spread out into an even layer. Bake in the oven for 30-35 minutes until cooked through and golden brown, tossing everything once or twice to ensure it cooks evenly.

Meanwhile, cut the chicken into 2.5cm strips. Beat the egg in a shallow dish. Blitz the bread into breadcrumbs and then mix with the cumin in a separate shallow dish. Dip the chicken in the egg and then toss in the breadcrumbs.

Arrange the breaded chicken on a parchment lined baking sheet and use the remaining teaspoon of oil to give them a light drizzle. Bake for about 15 minutes until crisp and golden brown, turning once. Test with a small knife to ensure they are cooked through.

Arrange the potatoes and vegetables on plates with the crispy chicken. Season with pepper to serve.

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

SUNDAY - DINNER

Tofu Pad Thai

This recipe for Tofu Pad Thai was created by the transition years Home Economics students from St Mary's Secondary School Baldoyle, Dublin.

Serves 2 (each serving contains approximately 574 kcal, 27g protein, 27g fat, 60g carbohydrates)

The Ingredients

1 small onion (100g)
1 small courgette (150g)
1 small red pepper (150g)
1 red chilli
1 garlic clove
150g tofu
100g dried wholewheat noodles
2 teaspoons rapeseed or olive oil (10g)
160g tinned light coconut milk
2 tablespoons reduced salt soy sauce (30g)
2 teaspoons honey (10g)
100g beansprouts
Juice of 1 lime (30g)
Handful fresh coriander leaves, to garnish (optional)

The Method

Cut the onion in half, then peel and thinly slice. Trim the courgette and cut into slices. Remove the core from the red pepper and cut into thin slices. Cut the chilli in half, then remove the seeds and finely chop the flesh. Peel and crush the garlic. Cut the tofu into slices and then cut into 1cm chunks.

Cook the noodles for 3-4 minutes in a pan of boiling water or according to the packet instructions until just tender. Drain and quickly refresh under cold running water.

Heat a wok or large non-stick frying pan over a medium to high heat. Add the oil and stir-fry the onion for 1-2 minutes until just beginning to brown around the edges. Tip in the tofu and stir-fry for another 2-3 minutes until lightly golden.

Add the courgette and red pepper to the wok and stir-fry for 1 minute. Add the garlic and chilli and stir-fry for another 1-2 minutes. Pour in the coconut milk and add the soy sauce and honey and then simmer for another 1-2 minutes until slightly reduced and thickened. Fold in the noodles and beansprouts and squeeze over the lime juice, then continue to stir-fry until piping hot.

Divide the Tofu Pad Thai between bowls and add the coriander, if liked to serve.

*Suitable for vegetarians

MONDAY – DINNER

Veggie Rice Hot Pot

Serves 2 (each serving contains approximately 483kcal, 20g protein, 17g fat, 64g carbohydrates)

The Ingredients

1 small red pepper (150g)
140g mushrooms
2 garlic cloves
3 scallions
1 tablespoon rapeseed or olive oil (15g)
1 teaspoon Chinese five-spice powder
125g wholegrain rice
300ml reduced sodium vegetable stock (from 1 cube)
50g frozen peas
3 large eggs
1 tablespoon reduced salt soy sauce (15g)

The Method

Cut the red pepper in half, then remove the core and thinly slice. Cut the mushrooms into slices. Peel and finely chop the garlic. Trim the scallions and thinly slice.

Heat a casserole dish with a lid (or a heavy-based pan) over a high heat. Add the oil and then tip in the peppers and mushrooms and sauté for 3 minutes until just starting to soften and turn golden. Reduce the heat, then stir in the garlic, five-spice and rice. Cook for 2 minutes, stirring, then add the stock.

Cover the vegetable and rice mixture and simmer for 15-20 minutes until all the liquid has gone and the rice is tender. Add the peas for the last few minutes and allow them to steam on top.

Heat a frying pan over a medium heat. Break the eggs into a bowl and lightly beat. Add the oil to the heated pan and then pour in the beaten eggs, swirling them around to make a thin omelette. Once set, slice on to a chopping board, then roll up and cut into thin shreds.

Fluff up the veggie rice hot pot and season with the soy sauce, then gently fold in the shredded omelette and scallions and divide among plates to serve.

*Suitable for vegetarians

TUESDAY - DINNER

Super Seeded Chicken Fajitas

Serves 2 (each serving contains approximately 537 kcal, 47g protein, 21g fat, 41g carbohydrates)

The Ingredients

2 skinless chicken fillets (300g)
4 tablespoons natural yoghurt (60g)
1 teaspoon mild chilli powder (5g)
1 teaspoon ground cumin (5g)
1 teaspoon smoked paprika (5g)
1 red onion (150g)
1 small red pepper (150g)
150g mangetout
2 scallions
50g cherry tomatoes
1 tablespoon rapeseed or olive oil (15g)
2 small wholewheat wraps (40g each)
30g baby spinach leaves
2 teaspoons toasted sesame seeds (10g)
Freshly ground black pepper
Handful fresh coriander leaves, to garnish (optional)

The Method

Cut the chicken into thin strips and place in a bowl with half the yoghurt and the spices, then season with pepper, stirring to combine. This can be used immediately or left in the fridge for up to 2 days for the flavours to develop.

Cut the onion in half, then peel and cut into slices. Remove the core from the red pepper and thinly slice. Cut the mangetout into slices. Trim and thinly slice and scallions. Dice the cherry tomatoes and season with pepper.

Heat a non-stick wok over a high heat. Add the oil and then tip in the marinated chicken strips and sauté for 2-3 minutes until lightly golden. Add the onion, red pepper and mangetout and stir-fry for another minute or two until tender, drizzling over a tablespoon of water which still help steam fry the vegetables. Test with a small knife to ensure the chicken is cooked through.

Heat the wraps on a non-stick frying pan for about 20 seconds on each side. Put the wraps on plates and spread over the yoghurt. Divide the spinach between them and scatter the scallions and cherry tomatoes on top. Add the chicken and vegetable mixture and sprinkle over the sesame seeds. Scatter over the coriander, if liked to serve.

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

WEDNESDAY - DINNER

Thai Green Butter Bean Curry

Serves 2 (each serving contains approximately 567 kcal, 14g protein, 27g fat, 70g carbohydrates)

The Ingredients

80g wholegrain rice
1 onion (150g)
5cm piece fresh root ginger (30g)
2 garlic cloves
1 small red pepper (150g)
1 small courgette (150g)
1 tablespoon rapeseed or olive oil (15g)
35g Thai green curry paste
400g tin butter beans, drained and rinsed
400g tin light coconut milk
1 tablespoon toasted cashew nuts (10g)
Freshly ground black pepper
Handful fresh coriander leaves, to garnish (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 the onion, then cut in half and cut into thin slices. Peel and finely grate the ginger and garlic. Remove the core from the red pepper and cut into small pieces. Top and tail the courgette and cut into quarters lengthways, then chop.

Heat a non-stick pan over a medium to high heat. Add the oil and sauté the onion for 2-3 minutes until softened and beginning to brown around the edges. Stir in the garlic, ginger and curry paste and cook for another 1-2 minutes, stirring. Season with pepper.

Tip in the red pepper, courgette and butter beans and pour in the coconut milk, stirring to combine. Reduce the heat and simmer for 6-8 minutes until the vegetables are tender and the sauce has nicely thickened.

Ladle the rice into bowls and add the Thai green butter bean curry. Crumble over the cashew nuts and scatter on top with the coriander leaves, if liked to serve.

* Suitable for vegetarians

* Suitable for batch cooking