

## **THURSDAY – VEGETARIAN DINNER**

### **Cauliflower & Potato Curry**

**Serves 2 (each serving contains approximately 440 kcal)**

#### **The Ingredients**

80g wholegrain brown rice  
1 small onion  
1 garlic clove  
2cm piece fresh root ginger  
1 small cauliflower  
300g baby new potatoes  
1 tablespoon rapeseed oil (15g)  
2 teaspoons curry paste or powder (10g)  
200g tinned chopped tomatoes (½ a regular tin)  
½ teaspoon tomato puree (2.5g)  
5 tablespoons water (75ml)  
3 tablespoons natural yoghurt (3% fat) (45g)  
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 grate the garlic and ginger. Trim the cauliflower and cut or break into small florets – you'll need about 350g once trimmed. Cut the potatoes into halves or quarters depending on their size.

Heat a wok or large 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 paste or powder 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 10-15 minutes until the sauce is so well reduced and thickened, stirring occasionally. Season lightly with salt (optional) and pepper.

Add the cauliflower and potatoes to the pan and slowly bring to the boil. Cover with a lid and then reduce the heat and simmer gently for 15-20 minutes or until all the vegetables are cooked through and tender.

Spoon the cauliflower and potato curry on to plates with the rice and add dollops of the yoghurt, then scatter over the coriander to serve.

## **FRIDAY – VEGETARIAN DINNER**

### **Vicki's Sunshine Buddha Bowl**

*Vicki Sherry has been a chef for 23 years. Working firstly in Dublin she is now based in Clonakilty West Cork working at Clonakilty Park Hotel for 14 years where she is senior Chef de Partie.*

**Serves 2 (each serving contains approximately 500 kcal)**

#### **The Ingredients**

2 red peppers  
1 small sweet potato (you need 120g)  
1 tablespoon rapeseed oil (15g)  
4 eggs (at room temperature)  
60g wholemeal cous cous  
½ ripe avocado  
25g rocket  
1 teaspoon mixed seeds (5g)  
salt (optional) and freshly ground black pepper

#### **The Method**

Preheat the oven to 180°C/350°F. Place the red peppers in a small baking tin and roast for 35-40 minutes until the skin is shrivelled and blistered. Remove the peppers from the oven and put in a large bowl, then cover with clingfilm and leave to cool. This will make it much easier to peel off the skins.

Once the peppers are cool, remove the skin, cores and seeds and slice the flesh. Peel the sweet potato and cut into cubes – you'll need 120g. Place in a small baking tin and drizzle over the oil. Season lightly with salt (optional) and freshly ground black pepper and roast for about 15 minutes until cooked through and tender.

Place the eggs in a pan and cover with water. Bring to the boil, then reduce the heat to a simmer and cook for 6 minutes.

As soon as the eggs are cooked drain off the hot water and let the cold tap run over them for about 1 minute, then leave in a bowl of cold water for 2 minutes until they are cool enough to handle. Crack the shells all over and then peel the shells off. Cut in half.

Place the cous cous in a bowl and pour over 120ml of boiling water. Cover with a plate and set aside for 5 minutes.

Peel the avocado and remove the stone, then slice the flesh.

Fluff up the cous cous with a fork and divide into bowls. Add the roasted sweet potato, peppers, rocket and egg halves. Scatter over the mixed seeds to garnish.

## **SATURDAY – VEGETARIAN DINNER**

### **Goat's Cheese & Beetroot Five-Minute Kale Salad**

**Serves 2 (each serving contains approximately 460 kcal)**

#### **The Ingredients**

225g curly kale

1 red pepper

½ cucumber

15 cherry tomatoes

100g whole cooked beetroot (from vac-pack or baby fine to use too)

250g cooked wholegrain rice (either leftover or use readymade from a pouch)

100g goat's cheese

2 teaspoons ranch dressing (10g - see separate recipe)

salt (optional) and freshly ground black pepper

#### **The Method**

Cut away all the tough stalks from the kale and then very finely shred so that it looks like confetti. Cut the pepper in half, remove and discard the core and seeds, then dice. Cut the cucumber in half again down the length and cut into half-moon shaped slices. Cut the cherry tomatoes in half and cut the beetroot into small chunks if large or into quarters if baby.

If using rice from a pouch cook it in the microwave according to packet instructions and then spread out on to a tray to ensure it cools quickly. If you are using leftover rice do not reheat, just run your fingers through it to separate out the grains.

Fold the kale into the cooled rice with the cucumber, red pepper and cherry tomatoes. Season with a little salt (optional) and pepper to taste and fold in to combine.

Divide the salad between bowls, then scatter the beetroot on top and crumble over the goat's cheese. Drizzle with the ranch dressing to serve.

## **DINNER ACCOMPANIMENTS – DRESSING**

### **Ranch Dressing**

**Makes 9 servings (contains approximately 30 kcal in each 1 tablespoon serving)**

#### **The Ingredients**

2 garlic cloves  
5 tablespoons buttermilk (75ml)  
2 tablespoons mayonnaise (30g)  
1 tablespoons apple cider vinegar (15g)  
2 teaspoons snipped fresh chives (10g)  
1 teaspoon chopped fresh dill (5g)  
sea salt (optional) and freshly ground black pepper

#### **The Method**

Peel the garlic and then use a garlic crusher to crush or the fine side of a box grater if you find that easier.

Put all the ingredients into a screw-lid topped jar and season lightly with salt (optional) and add plenty of freshly ground black pepper – a ¼ teaspoon is about right. Then screw the lid back on tightly. Shake hard until the dressing has thickened and emulsified. Store in the fridge until needed.

## **SUNDAY – VEGETARIAN DINNER**

### **Courgette & Corn Chilli**

**Serves 2 (each serving contains approximately 450 kcal)**

#### **The Ingredients**

1 red onion  
2 courgettes  
1 mild red chilli  
2 garlic cloves  
1 tablespoon rapeseed oil (15g)  
200g frozen sweetcorn  
1 ½ teaspoon chilli powder (7.5g)  
1 ½ teaspoon ground cumin  
400g tin chopped tomatoes  
300ml vegetable stock (made from a reduced salt cube)  
400g tin black beans (you need 240g drained)  
1 teaspoon honey (5g)  
½ lime  
small handful fresh coriander leaves  
salt (optional) and freshly ground black pepper

#### **The Method**

Peel the onion and cut in half, then finely chop. Trim the courgettes and cut into dice. Cut the chilli in half, then remove the seeds with a teaspoon and finely chop the flesh. Peel the garlic and using a garlic crusher crush the flesh.

Heat a frying pan with a lid over a medium to high heat. Add the oil and then tip in the onion and courgettes. Sauté for about 6-8 minutes until lightly coloured.

Stir in the chilli, garlic and sweetcorn with the spices and continue to cook for 2-3 minutes until the sweetcorn is tender and piping hot.

Stir in the tomatoes and stock and season lightly with salt, if using and pepper to taste, then simmer for about 5 minutes until slightly reduced and thickened.

Meanwhile, tip the black beans into a sieve and run under the tap to rinse. Stir into the chilli and cook until piping hot. Add the honey and squeeze in the lime juice, stirring to combine. Divide between bowls. Roughly chop the coriander and scatter on top to serve.

## **MONDAY – VEGETARIAN DINNER**

### **Claire's Spicy Tomato & Vegetable Casserole**

*Claire started her culinary career in 1987 as a kitchen porter, working as a full-time chef in 2001 she now manages her family pub The Bird Flanagan where her passion for cooking continues.*

**Serves 2 (each serving contains approximately 440 kcal)**

#### **The Ingredients**

1 small head broccoli  
1 small cauliflower  
1 carrot  
100g wholewheat fusilli or penne pasta  
400g tin kidney beans  
2 x 400g chopped tomatoes  
1 reduced sodium vegetable stock cube  
200ml water  
1 teaspoon chilli powder (optional)  
4 fresh basil leaves  
salt (optional) and freshly ground black pepper

#### **The Method**

Cut or break the broccoli into small florets, trimming them down as necessary so that they are the same size – you'll need 200g in total. Do the same with the cauliflower - you'll need 200g in total. Peel the carrot and cut into slices on the diagonal – you'll need 100g in total.

Place the pasta in a pan of boiling water with a pinch of salt (optional) and cook for 10-12 minutes or according to instructions on the packet.

Steam the cauliflower for 5 minutes. Add the carrot and broccoli and cook for another 4-5 minutes until tender.

Drain the kidney beans and rinse well in a sieve under cold running water.

Place the tomatoes in a large pan and crumble in the stock cube and add the chilli powder. Bring to a simmer, then reduce the heat simmer for 2-3 minutes to allow the flavours to combine.

Remove the tomato mixture from the heat and blend until smooth with a hand blender (or use a potato masher if you don't have one which will work but give a chunkier result). Add the kidney beans and blend again until smooth.

Return the tomato mixture to a low heat and stir in the steamed vegetables and drained pasta. Give everything a good stir and season lightly with salt (optional) and freshly ground black pepper. Cook for a minute or so until everything is piping hot.

Ladle the tomato and vegetable stew into bowls and tear over the basil leaves to serve.

## **TUESDAY – VEGETARIAN 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  
1 lemon  
1 mild 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 clingfilm and set aside for 5 minutes.

Using a vegetable peeler, pare the baby courgettes into ribbons. Trim down the green beans, then in half on the diagonal. Place the green beans in a petal steamer fitted into a saucepan and season lightly with salt, if using. 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, if using then remove the seeds and finely chop.

Fluff up the couscous with a fork and fold in enough lemon juice to taste with the oil and then gently fold in the steamed vegetables with the feta cheese, spinach leaves and chilli, if using. Season with pepper.

Arrange Emily's vegetable couscous in bowls and add a lemon wedge to each one to serve.

## **WEDNESDAY – VEGETARIAN DINNER**

### **Caramelised Onion & Spinach Tortilla**

**Serves 2 (each serving contains approximately 500 kcal)**

#### **The Ingredients**

2 onions  
250g potatoes  
100g cherry tomatoes  
¼ cucumber  
1 tablespoon rapeseed oil (15g)  
knob of butter (5g)  
6 eggs  
50g baby spinach leaves  
50g mixed salad leaves  
salt (optional) freshly ground black pepper

#### **The Method**

Peel the onions, then cut in half and thinly slice. Cut the potatoes into very thin slices and then dry well in a clean tea towel. Cut the cherry tomatoes in half. Cut the cucumber in half and then cut into half-moon shapes.

Heat a large frying pan over a medium heat. Add the oil and butter and then tip in the onions and sauté for about 5 minutes until softened but not coloured.

Add the potatoes and season with a little salt (optional) and plenty of pepper. Reduce the heat and cover with a lid, then cook gently for 10-15 minutes until almost tender. Turn them over once or twice and shake the pan occasionally to ensure they cook evenly.

Meanwhile, break the eggs into a bowl and season lightly with salt (optional) and pepper to taste. Beat lightly with a fork until just combine.

Fold the spinach into the onion and potato mixture, stirring until wilted. Spread out the vegetables evenly in the pan and then pour over the whisked eggs. Reduce the heat to its lowest setting. Cook for 15-20 minutes until there is virtually no raw egg left on top of the tortilla. Invert on to a flat plate.

Slide the tortilla back into the pan and cook for another 5 minutes (or you can do this under the grill if you prefer). Turn off the heat and set aside for 5 minutes to finish cooking. It should be cooked through but still moist in the middle.

To serve warm or cold, turn the tortilla onto a chopping board and cut into wedges. Arrange on plates with the salad leaves, cherry tomatoes and cucumber to serve.