

MIDWEEK MEALS

In need of some fresh dinner inspiration? Cook up a treat every night of the week with these simple yet satisfying recipes

PREPARATION
TIME 10 minutes
COOKING TIME
45 minutes
SERVES 4



Jacket sweet potatoes with watercress, tahini sauce and roasted chickpeas

YOU WILL NEED

- ✓ 4 sweet potatoes ✓ 400g tin chickpeas
- ✓ 2 tsp smoked paprika ✓ 30ml olive oil
- ✓ Salt and pepper ✓ 85g watercress ✓ 1 lemon, zest and juice ✓ 60g Greek yogurt
- ✓ 2 tbsp tahini ✓ 1 pomegranate, seeds

DIRECTIONS

■ Preheat the oven to 180°C/Gas Mark 4. Wrap each potato in foil and place onto

a large baking sheet. Bake for roughly 45 minutes depending on the size of the potatoes, checking that the centre is soft.

■ While the potatoes are cooking, drain and rinse the chickpeas. Tip into a baking tray and sprinkle with the smoked paprika and a pinch of salt. Drizzle with olive oil and place into the oven for 8-10 minutes, or until crispy.

■ Remove from the oven then stir in the watercress and allow to wilt. Whisk together

the lemon juice and zest, yogurt, and tahini. Season to taste.

■ Split the sweet potatoes lengthways then fill with the chickpeas and watercress mixture.

■ Drizzle over the tahini sauce and sprinkle with pomegranate seeds, to finish.

Recipe and image courtesy of The Watercress Company, watercress.co.uk

Creamy lemony orzotto

YOU WILL NEED

- ✓ 100g asparagus spears ✓ 1 leek ✓ ½ bunch tarragon ✓ 1 garlic clove ✓ 1 lemon ✓ 180g orzo pasta ✓ 2 tbsp olive oil ✓ 125ml water ✓ 10g vegetable stock ✓ 100g baby spinach ✓ 75g crème fraîche ✓ 40g hard Italian-style cheese, grated ✓ 20g walnuts

DIRECTIONS

■ Bring a large saucepan of water to the boil. Trim the asparagus and chop into thirds widthways. Trim the root and the dark green leafy part from the leek. Halve lengthways then thinly slice. Pick the tarragon leaves from their stalks and roughly chop, discarding the stalks. Peel and grate the garlic. Zest and halve the lemon.

■ Once the pan of water is boiling, add the orzo, reduce the heat to medium and cook for 10-12 minutes until just tender. Add the asparagus for the final 3 minutes of cooking.

■ Meanwhile, heat a drizzle of olive oil in a large saucepan on a medium heat. Once hot, add the sliced leek and cook, stirring, for 4-5 minutes until soft. Add the garlic and cook for another minute. Add the water and vegetable stock. Stir to combine, lower the heat and simmer for 2 minutes, until it's reduced by half.

■ When the orzo and asparagus are cooked, drain well. Add the orzo and asparagus to the leek pan, stir it through and add the spinach for 1-2 minutes. Stir until the spinach has wilted.

■ Add the crème fraîche, grated hard Italian-style cheese, lemon zest and a squeeze of lemon juice. Stir and cook for another 2 minutes then remove the pan from the heat. Stir the chopped tarragon through the orzo. Taste and season with salt and pepper and add more lemon juice if you like.

■ Roughly chop the walnuts. Divide the orzotto between the bowls and top with the chopped walnuts.

Recipe and image courtesy of Hello Fresh, hellofresh.co.uk



PREPARATION
TIME 20 minutes
COOKING
TIME 15 minutes
SERVES 2

Roast cod and Mediterranean vegetable tray bake

YOU WILL NEED

- ✓ 2 red onions, peeled ✓ 800g mixed peppers, cut in half and deseeded ✓ 16 cherry tomatoes ✓ 4 garlic cloves, finely chopped
- ✓ 2 tbsp olive oil ✓ 400g tinned chickpeas ✓ 4 x 125g cod fillets, skinless **For the basil oil** ✓ 25g fresh basil ✓ 1 garlic clove, finely chopped ✓ 1 tbsp pine nuts ✓ 1 tbsp fresh lemon juice ✓ 3 tbsp olive oil ✓ Salt and pepper

DIRECTIONS

■ Preheat the oven to 220°C/Gas Mark 7. Cut each red onion into 8 wedges. Slice the peppers into 10cm strips approximately 1cm wide and place in a roasting tray. Add the cherry tomatoes and garlic. Drizzle with olive oil. Using your hands, mix together the vegetables to coat them with a thin film of oil.

■ Place the vegetables in the oven to roast for 20 minutes. They should be soft and just beginning to caramelise. Remove from the oven and stir through the chickpeas. Place the four pieces of cod on top of the vegetables and return to the oven. Cook for a further 10-15 minutes.

■ Meanwhile, prepare the basil oil. Place all the ingredients for the basil oil in a food processor and process for around 20 seconds, until smooth. Season to taste.

■ Remove the baking tray from the oven and drizzle with the basil oil before serving. Serve with chunks of crusty bread.

Recipe and image courtesy of Love Your Gut, loveyourgut.com



PREPARATION
TIME 15 minutes
COOKING TIME
30 minutes
SERVES 4

FOOD & DRINK

Oat-crusted chicken katsu

YOU WILL NEED

✓ 70g Flahavan's organic jumbo oats ✓ 1 tsp onion granules ✓ 1 tsp garlic granules ✓ ½ tsp smoked paprika ✓ Salt and pepper ✓ 2 tbsp cornflour ✓ 1 large egg ✓ 2 chicken breasts ✓ Rapeseed oil **For the katsu sauce** ✓ Rapeseed oil ✓ 1 medium carrot, roughly chopped ✓ ½ onion, finely chopped ✓ 1 garlic clove, minced ✓ 1 tbsp fresh ginger, minced ✓ 1 tbsp curry powder ✓ ½ tsp turmeric ✓ Pinch of star anise, ground ✓ 1 tsp garam masala ✓ 2 tbsp soy sauce ✓ 300ml chicken stock ✓ 2 tsp honey

DIRECTIONS

■ Preheat your oven to 180°C/Gas Mark 4. Mix the Flahavan's organic jumbo oats together with the onion granules, garlic granules and smoked paprika and season well with salt and pepper. Place the mixture on a dinner plate. Season the cornflour with salt and pepper and place on a separate dinner plate. In a separate bowl, whisk the egg and leave aside.

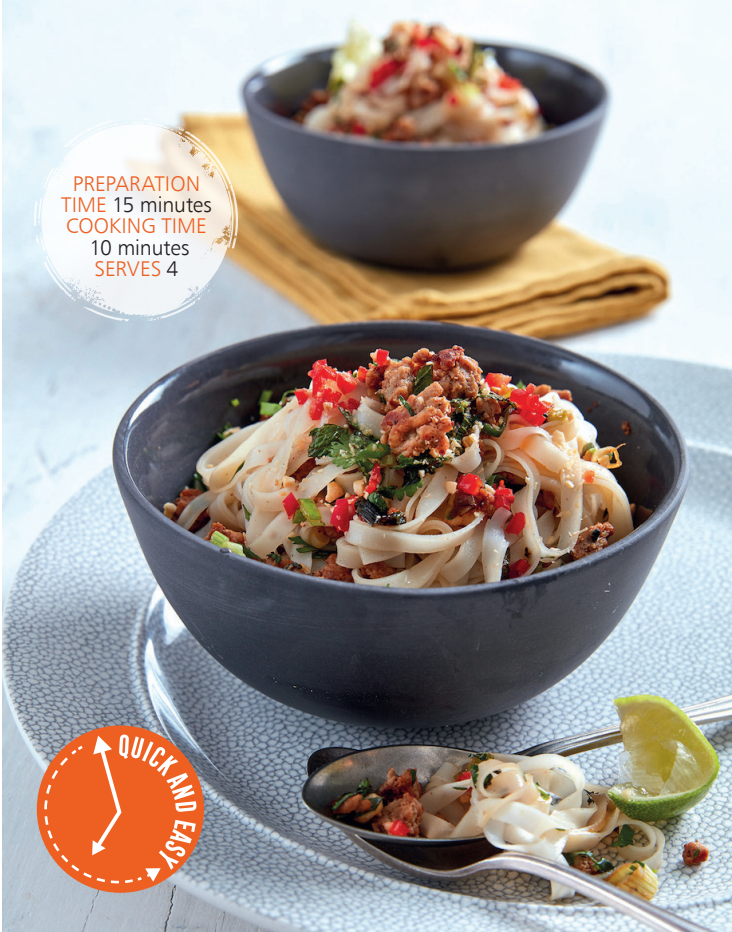
■ Butterfly the chicken breasts with a sharp knife by slicing them horizontally and opening them out like a book. Dust the chicken in the cornflour mixture before dipping it into the egg mixture. Next, coat the chicken breast in the oats by pressing each side of the chicken breast into the mixture.

■ Drizzle a baking tray with a little rapeseed oil and place the chicken breasts on top. Bake in the oven for 30-35 minutes, turning them over halfway, until cooked through and golden brown on the outside.

■ Meanwhile, to make the Katsu sauce, add 1 tbsp rapeseed oil to a medium-sized saucepan over a medium-low heat. Place the carrot and onion into the pan and cook until lightly caramelised. Next, add the garlic and ginger and cook for 30 seconds until aromatic. Add the spices and stir, cooking for a further 1 minute. Finally, add the remaining ingredients and simmer over a low heat for around 20 minutes until the carrot is soft.

■ Blitz the sauce with a hand blender or in a liquidiser. Spoon the sauce onto a plate and top with the oat-crusted chicken. Serve with sticky rice, a side salad and a wedge of lime.

Recipe and image courtesy of Flahavan's, flahavans.co.uk



Indonesian-style pork noodle salad

YOU WILL NEED

✓ 200g dry rice stick noodles ✓ 500g lean pork mince ✓ 2 garlic cloves, peeled and crushed ✓ 2cm piece of root ginger, peeled and grated ✓ 1 bunch of spring onions, trimmed and chopped ✓ 3 tbsp light soy sauce ✓ 2 limes ✓ 1 tbsp clear honey ✓ Small bunch of fresh coriander, roughly chopped ✓ Small bunch of fresh mint, roughly chopped ✓ 1 red chilli, deseeded and finely chopped ✓ 50g roast peanuts, crushed ✓ Carrot, radish and cucumber salad to serve, optional

DIRECTIONS

■ Put the noodles in a large heatproof bowl and cover with boiling water. Leave to soak for 5 minutes to soften, then drain well, cover and set aside.

■ Put the pork in a bowl and mix in the garlic, ginger, spring onions and 1 tbsp soy sauce.

■ Heat a wok or large frying pan until hot. Add the pork mixture and dry-fry over a high heat for 5 minutes, stirring to break up the meat into small clumps, until lightly browned all over.

■ Squeeze the juice from one of the limes and pour over the pork along with the remaining soy sauce and the honey. Stir-fry for a further 3-4 minutes until cooked through.

■ To serve, stir the noodles through the pork then spoon into bowls and sprinkle with chopped herbs, chilli and peanuts. Cut the remaining lime into wedges and serve with the pork and noodles. Serve with a carrot, radish and cucumber salad, if you like.

Recipe and image courtesy of Dairy Diary, dairydiary.co.uk

Very green Tenderstem broccoli pasta

YOU WILL NEED

✓ 200g pack Tenderstem broccoli, each stem cut into 4 ✓ 150g fusilli pasta ✓ 150g cup frozen peas ✓ 2 tbsp olive oil ✓ 2 large mushrooms, chopped ✓ 2 courgettes, grated or spiralised ✓ Pinch of cress, to garnish **For the pesto** ✓ 2 handfuls of spinach ✓ Bunch of basil leaves ✓ 2 tbsp olive oil ✓ 1 small garlic clove ✓ 1 lemon, zest ✓ Salt and pepper

DIRECTIONS

■ Put all the pesto ingredients in a blender. Add half the Tenderstem broccoli and blend until smooth.

■ Cook the pasta according to the pack instructions, adding the peas to the pan for the last 2 minutes of cooking time.

■ Heat the oil in a frying pan. Add the mushrooms and remaining Tenderstem broccoli to the pan and fry until the mushrooms are a golden colour and the Tenderstem broccoli still has a slight crunch. Add the courgette and cook for a few more minutes until it's cooked through. Remove the pan from the heat.

■ Drain the pasta and peas, leaving a small amount of the cooking liquid to add to the pesto to loosen it, if necessary.

■ Stir the pasta, pesto and vegetables together and garnish with a little fresh cress, if desired.

Recipe and image courtesy of Tenderstem, tenderstem.co.uk



Chicken breast with lentils

YOU WILL NEED

For the chicken ✓ 4 chicken breasts with skin on ✓ 2 tbsp extra virgin olive oil ✓ 4 small sprigs of rosemary ✓ 2 garlic cloves ✓ 1 knob of butter ✓ ½ lemon, juice **For the lentils** ✓ 3 tbsp extra virgin olive oil ✓ 1 large onion, finely chopped ✓ 1 fennel bulb, finely chopped ✓ 2 carrots, diced ✓ 2 garlic cloves, peeled and sliced ✓ 1 tbsp tomato paste ✓ 400g tinned lentils, drained ✓ 340g tinned sweetcorn ✓ 2 bay leaves ✓ 400ml chicken stock ✓ 150g frozen peas ✓ Salt and pepper ✓ 2 tbsp fresh parsley, chopped

DIRECTIONS

■ Preheat the oven to 180°C/Gas Mark 4. For an optional crispy topping, remove the skins from the chicken breasts and place them in a non-stick frying pan over a low heat. Season with salt and fry on each side for 3 minutes. Drain on kitchen paper and set to one side.

■ To cook the lentils, bring a large pan to a medium heat with olive oil. Add the onion, chopped fennel and carrots and cook, stirring continuously for 4-5 minutes. Add the garlic and cook for a couple more minutes before mixing in the tomato paste. Stir everything and add the drained lentils, corn, bay leaves and stock. Bring the vegetables to the boil, lower the heat, cover the pan and cook for 25 minutes. Add the frozen peas and cook for a few minutes until all the liquid has been absorbed. Season with salt and pepper, discard the bay leaves and mix in half the chopped parsley. Keep warm.

■ While the lentils are cooking, season the chicken breasts with salt and pepper. Put a large oven-proof pan on a high heat and add the olive oil. Sear the breasts on one side for 2 minutes then turn over, add the rosemary, garlic and butter and sear for another 2 minutes on the other side, basting with the butter. Drizzle with lemon juice, cover with foil and roast in the oven for 20 minutes. Take the chicken out, leave to rest for 5 minutes and carve.

■ To serve, spoon some of the lentil mix onto a plate, sprinkle with the remaining parsley and top with the sliced chicken breasts and the crumbled crispy chicken skin, if using.

Recipe and image courtesy of Irini Tzortzoglou, irinicooks.com