

Meal plan 31 Dec - 6 Jan 2013

Mon: Summer traybake chicken

<http://www.bbcgoodfood.com/recipes/2495/summer-traybake-chicken?binderbox=showlogin&countView=false&countView=false#>

Ingredients

4 chicken breasts
1 tbsp olive oil
250g cherry tomatoes
4 tbsp pesto

Put the chicken breasts in a large, shallow roasting tray and drizzle with olive oil. Grill for 10 mins, then add cherry tomatoes and grill for another 5 mins until chicken is cooked. Drizzle pesto over the top and serve.

Tues: Summer salmon pasta

<http://www.bbcgoodfood.com/recipes/4420/summer-salmon-pasta>

Ingredients

350g penne
2 salmon steaks, about 175g/6oz each
1 tbsp olive oil
2 tbsp pine nuts
1 red pepper, deseeded and chopped
300g mushrooms, sliced
handful basil leaves

1. Cook the pasta according to pack instructions, adding the salmon to the water 6 mins before the end of the cooking time.
2. Heat the oil in a pan, then cook the pine nuts until toasted. Add the pepper and fry until softened. Tip in the mushrooms and stir until they start to soften, then add a ladleful of the pasta water.
3. When the pasta is cooked, remove the salmon to a plate, then drain the pasta. Fork the salmon into flakes and add to the vegetables along with the pasta and the basil leaves. Season with pepper and lightly toss together before serving

Make it veggie

For a veggie version of this dish, omit the salmon and add two courgettes, chopped into chunks, and 100g cherry tomatoes to the pan along with the peppers.

Per serving

543 kcalories, protein 31g, carbohydrate 69g, fat 18 g, saturated fat 3g, fibre 4g, sugar 5g, salt 0.39 g
Recipe from Good Food magazine, [June 2007](#).

Wed: Parmesan spring chicken

<http://www.bbcgoodfood.com/recipes/5987/parmesan-spring-chicken#>

Ingredients

1 egg white
5 tbsp finely grated Parmesan
4 boneless, skinless chicken
breasts
400g new potatoes , cut into small
cubes
140g frozen peas
good handful baby spinach leaves
1 tbsp white wine vinegar
2 tsp olive oi

Heat grill to medium and line the grill pan with foil. Beat the egg white on a plate with a little salt and pepper. Tip the Parmesan onto another plate. Dip the chicken first in egg white, then the cheese. Grill the coated chicken for 10-12 mins, turning once until browned and crisp.

2. Meanwhile, boil the potatoes for 10 mins, adding the peas for the final 3 mins, then drain. Toss the vegetables with the spinach leaves, vinegar, oil and seasoning to taste. Divide between four warm plates, then serve with the chicken.

Thurs: Summer soufflé omelette

<http://www.bbcgoodfood.com/recipes/4500/summer-souffl-omelette>

Ingredients

4 eggs
1 tbsp grated Parmesan (or
vegetarian alternative)
small handful basil leaves , finely
shredded
1 tbsp olive oil
50g goat's cheese , broken into
chunks
4 cherry tomatoes , halved

1. Heat grill to high. Crack the eggs, then separate the yolks from the whites into 2 bowls. Tip the Parmesan and most of the basil in with the yolks and season. Whisk the whites vigorously for about a min until light and fluffy, then, using the same whisk, beat the yolks with the Parmesan and basil. Finally, whisk the yolk mix into the whites.
2. Heat the oil in a small frying pan and tip in the egg mix. Leave to cook for a min, then drop over the goat's cheese and tomatoes. Place the pan under the grill for 5 mins until puffed up, golden, and set with only the slightest wobble. Scatter over the remaining basil leaves, then serve the soufflé omelette straight from the pan with salad.

Make it a pudding

Raspberry soufflé omlette Whisk the whites as stated, then whisk the yolks with 3 tbsp golden caster sugar. Beat in the whites, then proceed as above using a knob of butter instead of oil. Scatter a handful raspberries over the omelette before popping the pan under the grill.

Fri: Crisp chicken bites

Ingredients

4 boneless chicken breast fillets

6 tbsp red pesto

3 large handfuls breadcrumbs ,
frsh or dried (about 300g/10oz)

olive oil

1. Cut the chicken breasts into small chunks, each about the size of a marble (you should get roughly 15 pieces per breast). Put the pesto in a bowl and mix together with the chicken until coated all over. Tip the breadcrumbs into a large freezer bag.
2. Add the chicken pieces in batches to the bag and give it a good shake to coat. Place a piece of greaseproof paper on a baking sheet, then lay the chicken pieces on the sheet, making sure none of them are touching. Put in the freezer and, when frozen solid, take off the baking sheet and store in a container or freezer bag.
3. To cook, heat oven to 220C/fan 200C/ gas 7. Pour a little oil onto a shallow baking tray, just enough to cover it. Put the tray in the oven and let it heat up for 5 mins. Tip the chicken onto the sheet and return to the oven for 10-15 mins until crisp and cooked through.

Sat: Cheese & bacon lasagne

<http://www.bbcgoodfood.com/recipes/13383/cheese-and-bacon-lasagne#>

Ingredients

3 large onions , halved and thinly sliced

3 tbsp olive oil

1 tsp dried oregano

300g pack lean smoked back

bacon , chopped

2 x 400g cans chopped tomatoes in rich juice

20 basil leaves , roughly torn, plus extra to serve if you like

250g pack fresh egg lasagne (check pack for cooking instructions)

FOR THE WHITE SAUCE

600ml milk

50g each butter and plain flour

generous grating fresh nutmeg

50g grated Parmesan

425 kcalories, protein 23g,

carbohydrate 37g, fat 22 g,

saturated fat 9g, fibre 4g, sugar

14g, salt 3.03 g

Fry the onions in the oil for about 15 mins until golden. Add the oregano and bacon and fry for 5 mins more, stirring frequently. Tip in the tomatoes, season and bubble uncovered for 5 mins. Remove from the heat and stir in the basil.

2. Meanwhile, make the white sauce. Pour the milk into a pan and tip in the butter and flour. Whisk continuously over a moderate heat to incorporate the flour, then simmer, stirring until thickened. Season with salt, pepper and nutmeg.

3. Spoon a third of the tomato sauce on the base of a lasagne dish. Top with a third of the lasagne sheets. Then top with a third sauce, a third lasagne, the last of the tomato sauce and finally the last sheets of lasagne. Pour over the white sauce and scatter with the cheese and an extra grating of nutmeg. Chill. If eating straight away, bake at 190C/170C fan/gas 5 for 40 mins until golden and bubbling. Scatter with basil, if you

like, and serve with a salad and garlic bread.

4. To freeze, cool completely, then wrap in cling film, then foil.

Will store for 3 months. To serve, thaw for 6 hrs in a cool place. Unwrap and bake at 190C/170C fan/gas 5 for 50-60 mins until thoroughly heated through.

Herby toad in the hole

<http://www.bbcgoodfood.com/recipes/1758645/herby-toad-in-the-hole>

Serves 4

Prep 10 mins

Cook 40 mins

Ingredients

140g plain flour

3 eggs

300ml milk

2 tsp Dijon mustard

2 tbsp vegetable oil

8 Cumberland sausages

8 sage leaves

4 rosemary sprigs

PER SERVING

552 kcalories, protein 28g,
carbohydrate 40g, fat 32 g,
saturated fat 10g, fibre 1g,
sugar 5g, salt 1,9 g

Heat oven to 240C/220C fan/gas 9. In a food processor, combine the flour, eggs, milk, mustard and some salt and pepper, blitz until smooth, then leave to rest for 30 mins.

2. Pour the oil into a metal roasting tin about 30 x 23cm and 7.5cm deep. Brush the oil all over the sides and bottom, then place in the oven. When the roasting tin is very hot and smoking, place the sausages inside, evenly spread out, and cook for 5 mins.

3. Give the rested batter a stir and pour into the really hot tin - take care as it may spit. Quickly sprinkle over the sage leaves and rosemary, then place in the middle of the oven. Do not open the door for 25 mins, then check - if needed, cook for a further 5-10 mins. Cook until puffed up and brown and the batter is completely cooked through. Serve straight from the dish.

FOR BEST RESULTS

Get the fat as hot as possible before adding the batter,
and don't peep in the oven during the first 20-25 minutes
of cooking.