

Day 1 - Aubergine Arrabiata

Ingredients

12 fresh mixed-colour chillies
2 aubergines (500g total)
300 g dried whole-wheat penne or any pasta
4 cloves of garlic
1 x 400g tin of quality plum tomatoes

Method

- To make a quick chilli oil, halve and de-seed the chillies. Fill a clean heatproof jar with olive oil, then pour it into a non-stick frying pan on a medium-low heat and add the chillies to confit.
- Meanwhile, put a pan of boiling salted water on for the pasta. Halve the aubergines lengthways and blanch in the water, covered, for five minutes then lift out, leaving the water on the boil.
- Carefully scoop the soft chillies into the jar, then spoon in the oil, leaving 2 tablespoons in the pan (keep the jar of chilli oil to add a kick to future meals).
- Chop the aubergine into 3cm chunks, add to the pan with a pinch of sea salt and black pepper, then turn the heat up to high, stirring regularly.
- Cook the pasta according to the packet instructions while you peel and finely slice the garlic, then fry with the aubergine for 2 minutes.
- Pour in the tomatoes, breaking them up with a wooden spoon, and half a tin of water.
- Add as many of the chillies as you dare to the sauce and simmer until the pasta is ready, then taste and season to perfection.
- Drain the pasta, reserving a mugful of cooking water, then toss the pasta through the sauce, loosening with a little reserved cooking water, if needed. Dish up.

Day 2 – Salmon & Broccoli Bake

Ingredients

75g margarine
900g waxy potatoes
1 large onion, sliced
2 cloves garlic, finely chopped
200g broccoli florets
150g fresh spinach
1 finely grated zest of lemon
600g salmon fillet cut into 1in thick strips
284ml cream or soya cream
Salt and ground white pepper
Handful fresh parsley, chopped

Method

To make this recipe, preheat oven, 200°C/400F/gas 6

- Par-boil the potatoes in their skins for 8-10 mins, drain and rinse with cold water to cool. Set aside.
- Melt 50g of margarine in a pan, add onion, garlic, ground white pepper and stir-fry for three mins. Add the broccoli and continue to stir-fry for another five mins. Add the spinach and cook until it begins to wilt.
- Grease a deep 1.3ltr baking dish with some margarine and spoon the stir-fried vegetable mixture evenly over the base. Place the salmon strips on top of the mixture, scatter over the lemon rind and parsley and pour over the cream. Season well.
- Remove the peel from the potatoes and grate coarsely to make rosti potatoes. Top the salmon with the potato, season and dot over the remaining margarine.
- Place on a baking sheet and bake for 30 minutes or until the potatoes are brown and crispy. Serve with whole baby carrots, whole baby sweetcorn or sugar snaps.

Day 3 – Carrot Soup

Ingredients

1tbsp vegetable oil
 1 onion, chopped
 450g carrots, washed and sliced
 1 clove garlic, crushed
 1tsp ground coriander
 1.2 litre vegetable stock
 3tbsp chopped fresh coriander
 Squeeze of lemon juice
 Freshly grated nutmeg to taste
 Salt and freshly ground black pepper

Method

- Sauté the onions, carrots and garlic in a large pan with the oil for 4 minutes. Once they have softened, but not coloured, add the ground coriander and stir. Season with salt and black pepper.
- Pour the vegetable stock into the pan and bring to the boil. Cover the pan and allow to simmer until the carrots are tender, this should take around 20 minutes.
- Stir through the fresh coriander, remove from the heat and blend the soup, adding the lemon juice, nutmeg and seasoning to taste. You can use a hand blender or a food processor to blend your soup.
- The soup will have cooled whilst blending, so if you plan to eat it right away, gently reheat the soup, without boiling it, and serve. If you are saving it for later, allow to cool and place in an airtight container in the fridge or freezer.

Day 4 – Flourless chocolate brownies

Ingredients

75 g (3oz) unsalted butter, chopped, plus extra to grease
 250 g (9oz) dark chocolate (70% cocoa solids), chopped
 15 g (½oz) cocoa powder

2 tsp. vanilla extract
250 g (9oz) caster sugar
4 large eggs
100 g (3½oz) ground almonds

Method

- Preheat oven to 180°C (160°C fan) mark 4. Lightly grease and line a 20.5cm (8in) square tin with baking parchment. Melt the chocolate and butter together in a large pan over a low heat, stirring occasionally. Take off heat and whisk in cocoa powder, vanilla and sugar until combined.
- Next whisk in the eggs, one at a time, before stirring in the ground almonds. Scrape into the prepared tin and level. Bake for 25-30min or until firm to the touch. Leave to cool completely in tin. Chill for at least 1hr before cutting into squares.
- To store: Once chilled, keep well wrapped in foil or in an airtight container at room temperature for up to 5 days.

Day 5 – Singapore Noodles

Ingredients

3 tbsp teriyaki sauce
½ tsp Chinese five-spice powder
2 tsp medium Madras curry powder
300g/11oz pork tenderloin, trimmed of any fat
140g medium egg noodle
1 tbsp sunflower oil
2 x 300g packs fresh mixed stir-fry vegetables
100g cooked prawns, thawed if frozen

Method

- Mix the teriyaki sauce, five-spice and curry powders. Add half of the pork, turning to coat, and leave to marinate for 15 minutes.
- Heat oven to 200C/180C fan/ gas 6. Remove pork from the marinade and put on a small baking tray lined with foil. Roast for 15-20 mins.
- Meanwhile, cook the noodles following pack instructions, but reduce the cooking time by 1 min. Refresh in cold water and drain very well.
- Transfer the pork to a chopping board and rest for 5 mins. Set a large non-stick frying pan or wok over a medium-high heat. Add the oil and stir-fry the veg for 3-4 minutes. Cut the pork in half lengthways, then thinly slice. Tip into the pan, with the prawns, noodles and remaining marinade. Toss together for 2-3 minutes until hot.

Day 6 – Bolognese

Ingredients

2 tablespoons olive oil
4 rashers bacon, cut into 1.25cm pieces
1 large onion, finely chopped
1 clove garlic, finely chopped

450g lean minced beef
250g minced pork
250g fresh mushrooms, sliced
2 carrots, grated
1 stick celery, chopped
2 (400g) tins peeled plum tomatoes
170g passata
125ml dry white wine
125ml chicken stock
1/2 teaspoon dried basil
1/2 teaspoon dried oregano
Salt and pepper to taste
450g dried pasta

Method

- In a large frying pan, warm oil over medium heat and saute bacon, onion and garlic until bacon is browned and crisp. Set aside.
- In large saucepan, brown beef and pork. Drain off excess fat. Stir in bacon mixture, mushrooms, carrots, celery, tomatoes, passata, wine, stock, basil, oregano, salt and pepper to saucepan. Cover, reduce heat and simmer for one hour, stirring occasionally.
- Bring a large saucepan of lightly salted water to the boil. Add pasta and cook for 8 to 10 minutes or until al dente; drain.
- Serve sauce over hot pasta.

Day 7 – Frozen Berry Smoothie

Ingredients

200g Frozen berries
1 ripe Banana
250ml almond milk

Method

Put all the ingredients into a food processor and whizz until smooth. Serve with extra frozen berries, if you like.