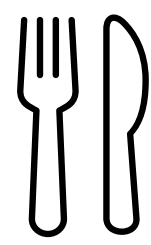
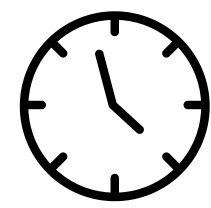




Chicken Fajita Pasta



Serves 4

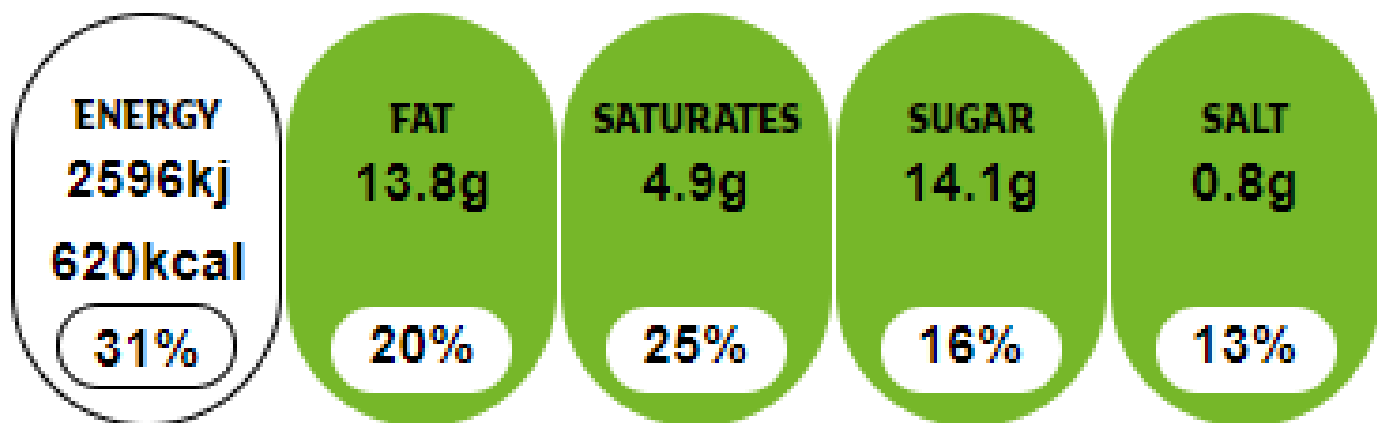


20 min

Recipe from www.sainsburys.co.uk

Nutritional details

Each Serving provides:



% of the reference intakes

Typical values (boiled) per 100g:

Energy 532kj/127kcal

Each serving provides:

74.3g carbohydrate 7.7g fibre

45.9g protein

RI= Reference intake of an average adult (8400kj/2000kcal)

Ingredients

2 tsp smoked paprika
1 tsp chilli powder
1 tsp ground cumin
½ tsp cayenne pepper
¼ tsp garlic powder

1½ tbsp olive oil
460g chicken breasts,
cut into strips
350g penne pasta
1 red onion, sliced
1 red pepper, deseeded
and sliced

1 yellow pepper,
deseeded and sliced
2 tbsp tomato puree
230g tomato salsa
150g low-fat sour cream
50g reduced-fat
cheddar cheese, grated

Method

Step 1

Mix the smoked paprika, chilli, cumin, cayenne and garlic powder together. Rub half into the chicken pieces. Heat 1 tbsp of the oil in a large deep frying pan and cook the chicken for 5–6 minutes until golden all over and almost cooked. Remove with a slotted spoon and set aside.

Step 2

Meanwhile, cook the pasta according to the instructions on the packet. Drain well and set aside, reserving a little of the cooking water.

Step 3

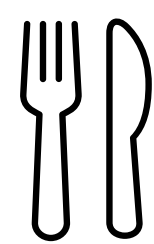
Heat the remaining oil in the pan and cook the onion along with the remaining spice mix for 3–4 minutes until tender. Season, then add the peppers and cook for another 3–4 minutes until just soft.

Step 4

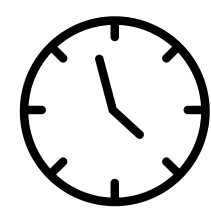
Add the chicken back to the pan along with the tomato puree. Cook for 2 minutes, then stir in the cooked pasta, salsa, and sour cream. Heat through, and if the sauce needs loosening, add a little of the reserved pasta water until you reach the desired consistency. Sprinkle over the cheese to serve.



Tuna and vegetable pasta bake with a Greek-style yogurt twist



Serves 6

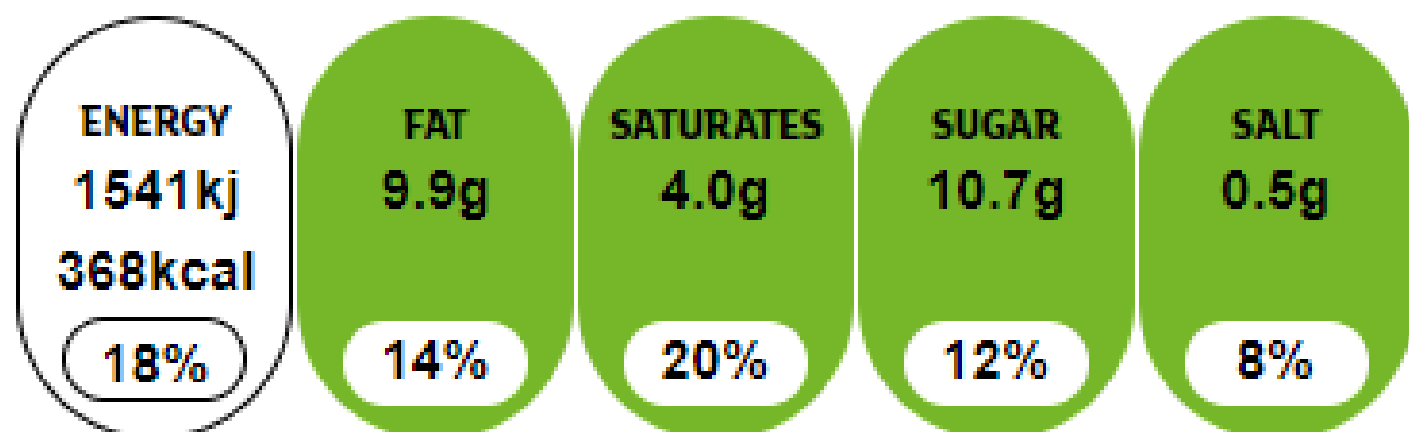


1 hour

Recipe from www.sainsburys.co.uk

Nutritional details

Each Serving provides:



% of the reference intakes

Typical values (boiled) per 100g:

Energy 377kj/90kcal

Each serving provides:

44.9g carbohydrate 2.4g fibre 23.7g protein

RI= Reference intake of an average adult (8400kj/2000kcal)

Ingredients

1 green pepper, deseeded and sliced

1 red pepper, deseeded and sliced

1 courgette, trimmed and sliced into half moons

1 aubergine, trimmed and cubed

1 red onion, peeled and cut into 6 wedges

1 tsp oregano

2 tbsp olive oil

300g pasta

2 x 390g carton chopped tomatoes

1 tsp mixed dried herbs

200 ml Greek-style natural yogurt

2 x 160g tuna chunks in water, drained

50g lighter mature cheddar, grated

Method

Step 1

Preheat the oven to 200°C/gas mark 6. In a large roasting tin, toss together the peppers, courgette, aubergine, red onion, oregano and olive oil. Roast in the oven for 25–30 minutes, shaking the tin occasionally.

Step 2

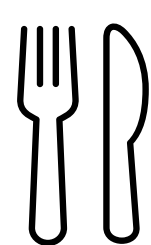
Meanwhile, put the pasta in a large saucepan and cover with salted boiling water. Bring back to the boil, then cook for 8–10 minutes until just al dente. Drain, then mix well with the chopped tomatoes, mixed dried herbs, yogurt and tuna.

Step 3

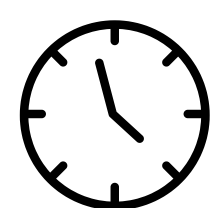
Gently toss the vegetables through the pasta and spoon into a 20cm square ovenproof dish. Sprinkle over the cheese, then bake in the oven for 20 minutes until bubbling and the cheese is brown.



Chicken and tomato spiced curry



Serves 4

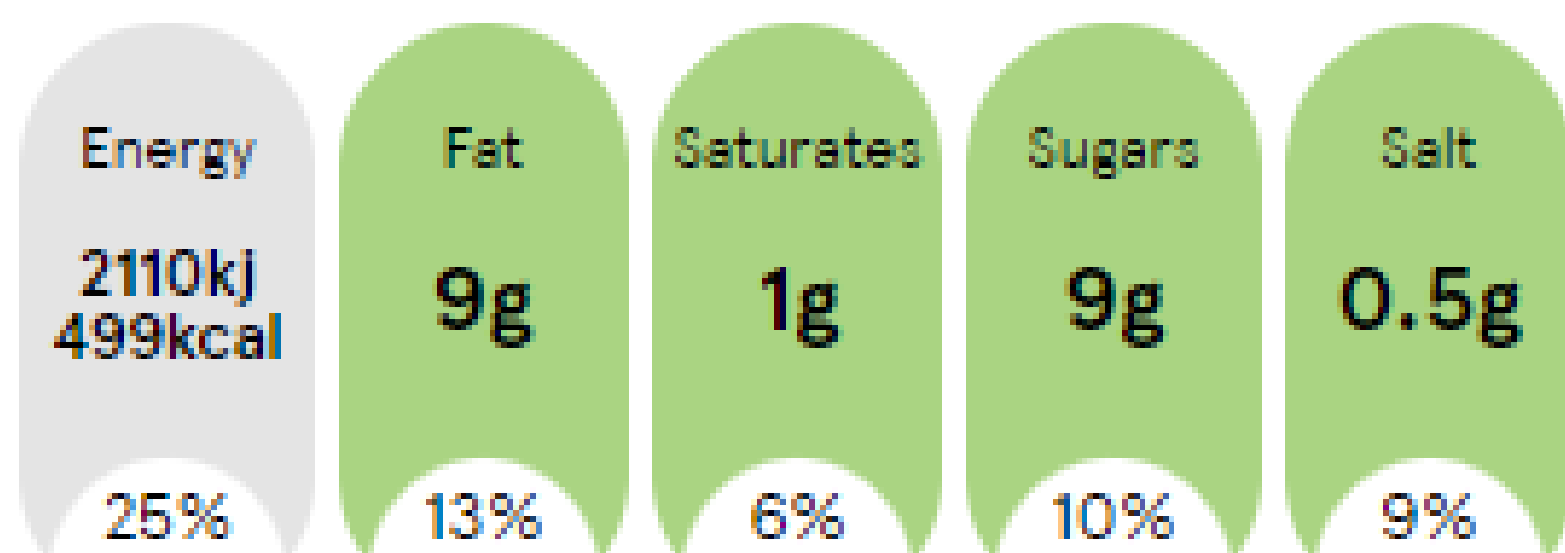


30 min

Recipe from realfood.tesco.com

Nutritional details

Each Serving provides:



of the reference intake

Carbohydrate 72.9g

Protein 35.5g

Fibre 3.9g

Ingredients

2 tbsp vegetable oil
450g chicken breast, cut into cubes
1 onion, chopped
1 red pepper, deseeded and sliced

2 garlic cloves, finely chopped
1cm piece ginger, peeled and finely chopped
2 tbsp Madras curry paste
400g tin chopped tomatoes

300g basmati rice
Handful coriander, chopped, to serve

Method

Step 1

Heat 1 tbsp of the oil in a large flameproof casserole dish set over a high heat. Working in batches if necessary, cook the chicken for 5–7 mins until golden and just cooked through, then remove and set aside.

Step 2

Put the remaining oil in the dish. Add the onion, cook for 3 mins until soft, then add the red pepper and cook for 2 mins. Stir in the garlic and ginger and cook for 30 secs. Stir in the curry paste until everything is well coated.

Step 3

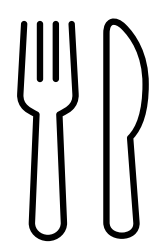
Pour in the tomatoes along with 200ml water. Bring to the boil, then reduce the heat, cover the dish and leave to simmer for 10 mins until the sauce has thickened a little. Return the chicken to the dish and cook for 5 mins, uncovered, until piping hot and cooked through.

Step 4

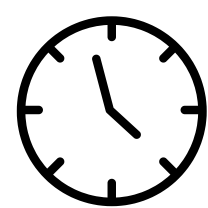
Meanwhile, cook the basmati rice following the pack instructions. Serve with the curry and sprinkle over the coriander to finish.



Jackfruit tortilla bowls



Serves 2

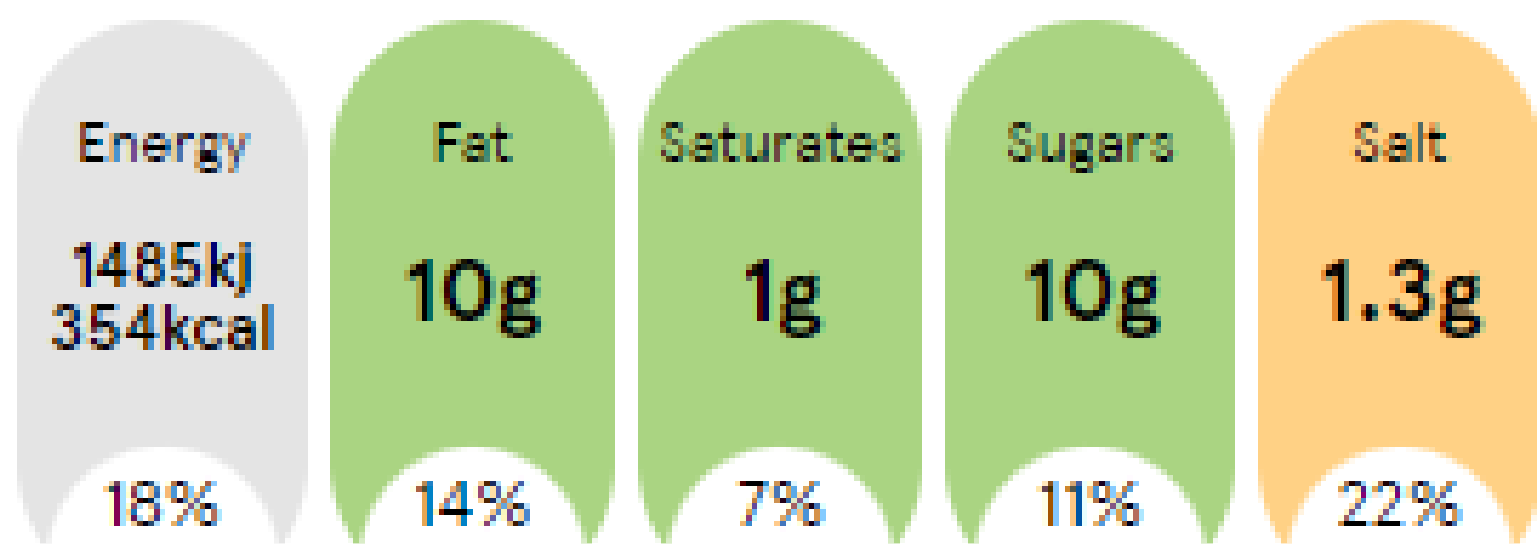


20 min

Recipe from realfood.tesco.com

Nutritional details

Each Serving provides:



of the reference intake

Carbohydrate 51.4g

Protein 13.7g

Fibre 9.8g



Ingredients

2 sweetcorn cobs
1 red chilli, finely chopped
2 tsp olive oil
1 lime, juiced
15g fresh coriander, chopped, plus extra to garnish

150g pack shredded jackfruit in Tex-Mex sauce
210g tin kidney beans, drained
125g roasted red peppers (from a jar), drained and sliced
2 white tortilla wraps
½ round lettuce, torn

Method

Step 1

Heat a griddle pan over a high heat (or light a barbecue). Griddle the cobettes for 10-12 mins, turning, until cooked and charred all over. Remove from the pan and stand upright on a board. Use a sharp knife to carefully cut down the length of the corn, staying close to the core, to remove the kernels. Mix the kernels with the chilli, oil, half the lime juice and half the coriander.

Step 2

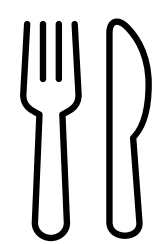
Heat the jackfruit and sauce in a saucepan with the beans, peppers, remaining lime juice and coriander over a medium-low heat for 3-4 mins until heated through; season.

Step 3

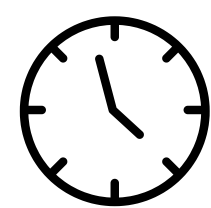
Griddle the wraps for 10-20 secs each side to char. Tear into pieces and serve with the jackfruit, lettuce and sweetcorn salsa.



Smoky cauliflower one-pot recipe



Serves 4

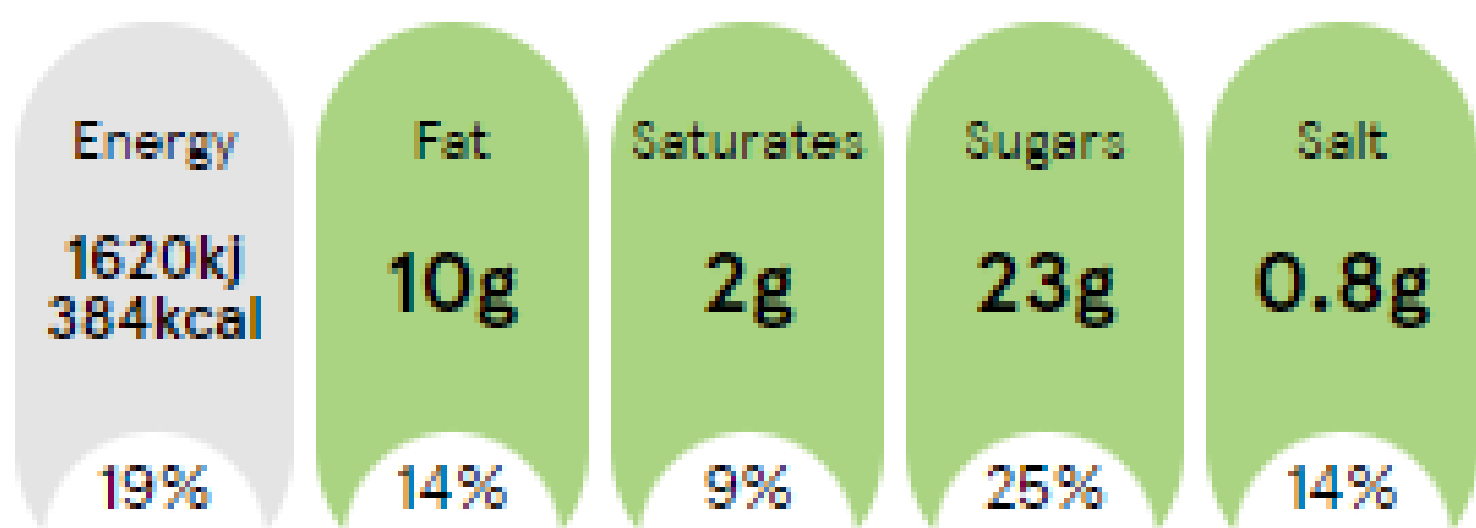


55 min

Recipe from realfood.tesco.com

Nutritional details

Each serving contains



of the reference intake

Carbohydrate 56.6g

Protein 12.2g

Fibre 13.5g



Ingredients

400g tin green lentils in water, drained and rinsed

2 x 400g tins chopped tomatoes

4 tbsp Tesco harissa

3 medium sweet potatoes (roughly 665g), peeled and cut into 2cm chunks

1 large cauliflower, leaves picked and separated into florets

2 tbsp extra-virgin olive oil

Method

Step 1

Preheat the oven to 200°C, fan 180°C, gas 6.

Step 2

Tip the lentils, chopped tomatoes, 3 tbsp harissa, and sweet potatoes into a large, ovenproof pan set over a medium heat. Bring to the boil, stirring occasionally, then season to taste.

Step 3

Top with the cauliflower florets, nestling them into the tomato sauce.

Step 4

Mix 1 tbsp oil with the remaining 1 tbsp harissa and brush over the tops of the cauliflower. Roast in the oven for 30-40 mins until the cauliflower and sweet potatoes have softened.

Step 5

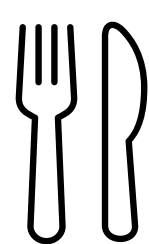
Meanwhile, toss the smaller and more tender cauliflower leaves in the remaining 1 tbsp oil and spread out on a baking tray. Season with freshly ground black pepper and roast in the oven for 8-10 mins, tossing occasionally, until lightly charred and softened.

Step 6

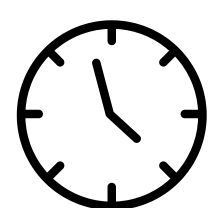
Serve the cauliflower with a side of roasted leaves.



Traybaked beans with jacket potatoes



Serves 4

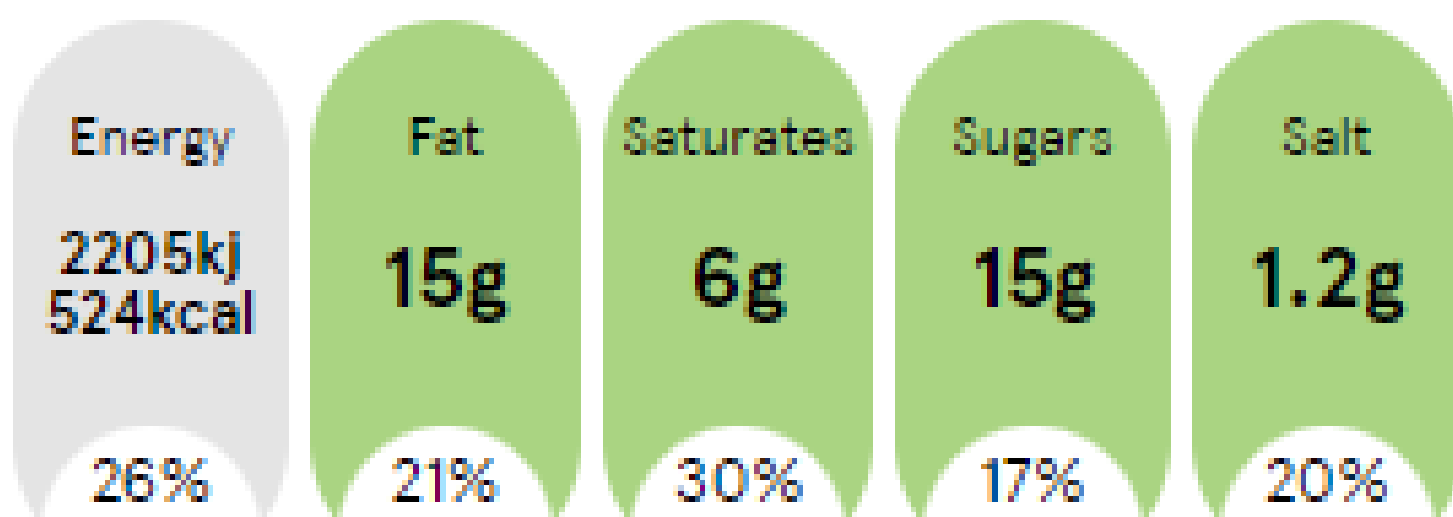


55 min

Recipe from realfood.tesco.com

Nutritional details

Each serving contains



of the reference intake

Carbohydrate 79.1g

Protein 23.8g

Fibre 12.4g



Suitable for Vegetarians

Ingredients

4 large Maris Piper potatoes
2 red onions
olive oil
1 tsp smoked paprika
2 x 400g tins butter beans

2 x 400g tins quality plum tomatoes
10g fresh chives
100g natural yogurt
80g Cheddar
120g bag mixed leaf salad

Method

Step 1

Preheat the oven to gas 6, 200°C, fan 180°C. Scrub the potatoes, pierce them a few times with a fork, then cook in the microwave for 10 mins. Carefully transfer to the oven; bake for 35 mins or until the skins are crispy and the insides soft.

Step 2

Meanwhile, peel the onions and cut them into wedges, throwing them into a roasting tin as you go. Drizzle with 1½ tbsp olive oil, sprinkle over the smoked paprika and season. Toss to coat, then roast for 10 mins.

Step 3

Remove the tin from the oven and tip in the beans and tomatoes. Mix well, then return to the oven and cook for 20–25 mins or until thickened and reduced, then season to taste.

Step 4

Meanwhile, finely snip the chives and stir through the yogurt with 10g finely grated Cheddar and a pinch of pepper.

Step 5

Remove the beans from the oven and grate over the remaining Cheddar. Bust open the jacket potatoes and top with the cheesy beans and dollops of cheesy yogurt. Serve with salad on the side.