

Back-to-school dinner plan

Mindful Chef





"September can be a marvellous marker to reset. New routines, new adventures and maybe even a new lunchbox in tow. But as your family's needs increase, the change in pace can bring stress with it too – including the relentless question of what to have for dinner.

As a dietitian I know what an 'ideal' week of family eating looks like, but as a mum I know how rarely a week actually goes to plan. As parents we feel the weight of meal planning, shopping, prepping and cooking multiple meals to keep everyone happy.

We need to aim for progress over perfection: decide a few meals in advance, cook one simple dish for everyone, let the children help or simply take the planning off your own shoulders with a meal plan like this. None of it is dramatic, but it can lighten the load.

This back-to-school meal plan takes the "what's for dinner?" worry off your plate. We've curated nutritious and delicious meals that are quick to cook after school and give your family plenty of variety throughout the week too. Hopefully it helps your family create a calmer return to routine – it's definitely helped mine."



Sasha Watkins

Sasha Watkins MSc RD
HEAD OF HEALTH

We've swapped a few ingredients for supermarket alternatives so you can pick everything up easily. Allergens vary by brand, so always check the pack before cooking! Or find them all in your Mindful Chef box — delivered straight to your door.

YOUR 4-WEEK PLAN

Mindful Chef

	SPEEDY MONDAY	TRAYBAKE TUESDAY	MEAT-FREE WEDNESDAY	TASTY THURSDAY	FISH FRIDAY
WEEK ONE	Korean-style Sticky Beef with Speedy Brown Rice & Rainbow Veg	Cheesy Prawn Pasta Bake with Wholewheat Pasta & Mixed Veg	Hidden-veg Lentil Bolognese with Wholewheat Penne & Hard Italian Cheese	Greek-style Chicken and Giant Couscous with Herby Yoghurt	Sticky Hoisin Salmon Traybake with Wide Brown Rice Noodles & Rainbow Veg
WEEK TWO	Creamy Peanut Chicken with Speedy Brown Rice & Broccoli	Fajita-style Salmon Traybake with Sweet Potato Wedges & Avocado Salad	Sunflower Mince Chilli with Beans, Avocado & Lime Yoghurt	Hidden-veg Pork Bolognese with Wholewheat Penne & Hard Italian Cheese	Mild Cod Nugget Katsu Curry with Brown Rice & Rainbow Veg
WEEK THREE	Creamy King Prawn Pesto Pasta with Peas & Broccoli	Basa Fish & Chips Traybake with Greens and Curry Sauce	Mexican-style Beans with Smoky Potatoes, Lime Yoghurt & Salad	Sticky Sweet & Sour Chicken with Brown Rice & Mixed Peppers	Pesto Roast Salmon with Mixed Potato Wedges, Peas & Garlic Tomatoes
WEEK FOUR	Sticky Five-spice Beef with Egg Fried Rice & Rainbow Veg	Traybake Masala Paneer with Sweet Potato & Lentil Dhal and Coriander Drizzle	Loaded Sweet Potatoes with Smoky Beans, Yoghurt & Avocado	One-pot Chicken Tikka Biryani with Wholegrain Pilau Rice, Flaked Almonds & Yoghurt	One-pot Sticky Prawn & Giant Couscous Paella

PRINT OUT AND STICK ON YOUR FRIDGE



WEEK ONE

KOREAN-STYLE STICKY BEEF

with Speedy Brown Rice & Rainbow Veg



High protein

Prep: 10mins

Total: 20mins



Get sizzlin'

- Add the **beef** strips to the medium bowl, along with the **cornflour** and a pinch of salt and pepper. Toss to coat
- Heat the large frying pan with $\frac{1}{2}$ tbsp olive oil on medium-high heat. Once hot, add the **beef** strips and cook for 8 mins, stirring frequently, until golden brown and cooked through. Season with salt and pepper
- Check your meat is cooked through; it should be golden brown, steaming hot, the juices should run clear when cut and there should be no pink / rare meat inside
- Remove the **beef** from the pan and set aside

Prep the veg

- Meanwhile, cut the **broccoli** into small **florets**. Slice the larger **florets** in half down the stem. Thinly slice the **peppers**
- Reheat the large frying pan with $\frac{1}{2}$ tbsp olive oil on medium-high heat. Once hot, add the **mangetout**, **broccoli** and **pepper** and cook for 3-4 mins, until golden. Season with salt and pepper
- Add 1 tbsp water and steam for 3 mins, until softened

Before you start

Pull out a large frying pan, a medium frying pan, a medium bowl & a small bowl. Wash produce.

Ingredients

160g mangetout
1 tsp black sesame seeds (sesame)
2 tbsp white miso paste (soya)
600g beef strips
1 tbsp cornflour
1 head of broccoli
2 peppers
4 tbsp gochujang paste (soya)
25g honey
2 tsp ginger paste
2 tsp garlic paste
500g microwavable brown rice pouch

Finish the stir-fry & heat the rice

- In the small bowl, combine the **gochujang** (add less for less heat), **miso**, **honey**, **ginger paste**, **garlic paste** and 3 tbsp water
- Return the **beef** to the pan along with the **gochujang sauce**. Toss together, then simmer for 1-2 mins, until the sauce thickens and the **beef** is piping hot. Season with salt and pepper
- Heat the medium frying pan on medium-high heat. Once hot, add the **rice** and break it up with a wooden spoon. Add a splash of water, a pinch of salt and cook for 2-3 mins, until piping hot. Alternatively, cook in the microwave as per pack instructions. Season with salt and pepper

Plate up

- Serve the **rice** into bowls, topped with the **beef** and **veg**. Sprinkle over the **sesame seeds** (for those who'd like them)

CHEESY PRAWN PASTA BAKE

with Wholewheat Pasta & Mixed Veg



High protein

Prep: 10mins

Total: 35mins

Get started

- Halve the **tomatoes**. Thinly slice the **courgette** into ½cm half-moons. Finely chop or crush the **garlic**
- Add the **tomatoes**, **courgette** and **garlic** to the baking dish. Toss together with 1 tbsp olive oil. Season with salt and pepper
- Roast in the oven for 12-15 mins, until golden

Pasta time

- Meanwhile, finely grate the **parmesan**. Roughly chop the **basil**. Rinse the **spinach** and leave in the sieve
- Add the **pasta** to the saucepan and cook according to pack instructions. Drain the **pasta** over the **spinach** sieve to wilt. Toss with 1 tsp olive oil
- After 12-15 mins, drain the **prawns** and add to the baking dish along with the **passata** and **half the basil**. Roast for a further 8 mins

Build the dish

- After 8 mins, remove the baking dish from the oven. Add the soft **cheese** and 75ml water and stir well. Season with salt and pepper
- Stir in the **pasta**, **spinach** and **half the cheese**. Season to taste
- Sprinkle over the **remaining cheese** and the **chilli flakes** (for those who'd like the heat). Bake for 5 mins, until the sauce is bubbling and the **prawns** are pink and cooked through

Plate up

- Check your **prawns** are cooked through; they should be opaque, firm and steaming hot
- Serve the **pasta** bake into bowls. Garnish with the **remaining basil**

Before you start

Preheat the oven to 240C / fan 220C / gas 9. Bring a large saucepan of salted water to the boil. Pull out a large baking dish, a large sieve, a grater & a measuring jug. Wash produce.

Ingredients

190g baby tomatoes
40g baby spinach
400g king prawns (crustaceans)
1 courgette
200g passata
250g wholewheat pasta (wheat)
3 garlic cloves
1 handful of fresh basil
½ tsp chilli flakes
80g soft cheese (milk)
40g parmesan (egg, milk)

HIDDEN-VEG LENTIL BOLOGNESE

with Wholewheat Pasta & Hard Italian Cheese



4 of 5 a day

Prep: 25mins

Total: 25mins

Prep time

- Finely dice the **onion** and finely chop the **parsley**. Coarsely grate the **courgette** and **carrots** (make it kid friendly: leave the **carrots** out of the sauce, cut into 1cm batons and serve as crunchy crudités on the side)

Start the ragu & cook the pasta

- Heat the large frying pan with 2 tsp olive oil on medium-high heat. Once hot, add the **onion**, **courgette** and **carrot** and cook for 6-7 mins, until softened. Season with pepper
- Meanwhile, add the **pasta** to the saucepan and cook according to pack instructions, then drain

Build the flavour

- Stir the **garlic paste**, **parsley** and **sundried tomato paste** and **sundried tomato paste** into the **veg** pan and cook for a further 1 min, then add the **passata**, **veg stock cube** and 200ml water and bring to a simmer
- Drain and rinse the **lentils**, then add to the pan and simmer for 4-5 mins, until reduced slightly

Final bits & plate up

- Gently **mash** the **lentils** into the sauce
- Stir the **cooked pasta** into the **Bolognese**. Add a splash of water if it's too dry
- Serve the **pasta** into bowls, then grate over the **cheese**

Before you start

Bring a large saucepan filled with salted water to a boil. Pull out a large frying pan, a sieve, a measuring jug, a grater & a masher. Wash produce.

Ingredients

1 veg stock cube
1 onion
2 carrots
1 courgette
2 tbsp garlic paste
1 handful of fresh parsley
2 tbsp sundried tomato paste
400g passata
506g bijoux verts lentils
in salted water
40g parmesan (egg, milk)
200g wholewheat pasta (wheat)

GREEK-STYLE CHICKEN

with Giant Couscous & Herby Yoghurt



7 plants

Prep: 15mins

Total: 25mins

Boil & prep

- Add the **couscous** to the saucepan and boil for 13-15 minutes, until cooked. Drain, then rinse under cold water and toss with $\frac{1}{2}$ tsp olive oil
- Meanwhile, dice the **cucumber** into 2cm chunks. Halve the **tomatoes**. Quarter the **lemon**. Pick the **mint leaves** from the stalks and finely chop

Get grillin'

- Add the **chicken** to one side the foil-lined baking tray. Dice the **pepper** and add to the other side and drizzle with 1 tsp olive oil (make it kid friendly: thinly slice the **pepper** and serve as crunchy crudités on the side). Season everything with salt and pepper
- Grill for 15 mins, until the **chicken** is cooked through and the **pepper** is soft and golden
- In the final 5 mins of cooking time, coat the **chicken** with the **honey and mustard dressing** and return to the oven for the remaining time

Build the flavour

- Add the **yoghurt** to the small bowl and add **half the mint** (kid friendly tip: serve the **yoghurt** plain)
- Once cooked, return the **couscous** to the saucepan, then stir in the **juice from 1 lemon wedge, tomatoes** and the **remaining mint** (kid friendly tip: feel free to leave out the **mint**). Season with a generous pinch of salt and pepper

Finish & plate up

- Add the **cucumber** and **salad leaves** to the large bowl, then toss with the **juice from a lemon wedge** and 1 tsp olive oil
- Check your **chicken** is cooked through by cutting a large piece in half; the flesh should be white and the juices running clear
- Serve the grilled **chicken** and pepper onto plates. Pour any **chicken juices** from the tray into the **couscous** and stir to combine. Serve the **couscous** and **salad** alongside. Drizzle over the **yoghurt**

Before you start

Preheat the grill to high (240C). Line a large baking tray with silver foil. Bring a large saucepan filled with salted water to a boil. Pull out a sieve. Wash produce.

Ingredients

190g baby tomatoes
60g honey and mustard dressing (mustard)
240g wholewheat giant couscous (wheat, mustard, soya)
160g Greek-style yoghurt (milk)
1 unwaxed lemon
1 cucumber
600g diced free-range chicken breast
80g mixed salad leaves
1 handful of fresh mint
2 peppers

STICKY HOISIN SALMON TRAYBAKE

with Wide Brown Rice Noodles & Rainbow Veg



High protein

Prep: 10mins

Total: 30mins

Roast the veg & salmon

- Cut the **onions** into 2cm wedges. Thinly slice the **pepper**. Cut the **broccoli** into small **florets**
- Add all to the large baking dish and toss with 2 tsp olive oil, salt and pepper. Place the **salmon fillets** on top (skin-side up), drizzle with 1 tsp olive oil and season with salt and pepper
- Roast for 20 mins, until the **salmon** is cooked through and the **veg** is soft and golden

Prep the sauce & boil the noodles

- Meanwhile, in the small bowl, combine the **hoisin**, **tamari**, **honey** and 1 tbsp water
- Add the **noodles** to the saucepan, gently separate with a fork and simmer for 6-7 mins, until cooked. Drain, then rinse under cold water

Finishing touches

- Check your **fish** is cooked through; it should be steaming hot, opaque and separate easily with a fork
- When everything's ready, remove the tray from the oven. Set the **roasted salmon** aside, then add the **noodles** and sauce to the **veg**. Toss to coat evenly

Plate up

- Serve the **noodles** into bowls. Top with the **salmon** and drizzle over any **remaining** sauce from the dish. Garnish with the **peanuts**

Before you start

Preheat the oven to 240C / fan 220C / gas 9. Bring a large saucepan filled with salted water to a boil. Pull out a large baking dish, a small bowl & a sieve. Wash produce.

Ingredients

2 broccoli
4 salmon fillets (fish)
6 tbsp hoisin sauce (soya)
2 tbsp tamari (soya)
200g brown rice noodles
20g roasted peanuts
(peanuts, nuts, sesame)
15ml hot honey
2 onions
1 pepper



WEEK TWO

CREAMY PEANUT CHICKEN

with Speedy Brown Rice & Broccoli



1/3 daily fibre

Prep: 10mins

Total: 20mins

Sizzle the chicken & prep the veg

- Heat a large frying pan with 2 tsp olive oil on medium-high heat. Once hot, add the **chicken** and cook for 8 mins, stirring frequently. Season with salt and pepper
- Meanwhile, thinly slice the **peppers**. Cut the **broccoli** into small **florets**

Prep the veg & peanut sauce

- In the jug, combine 200ml hot water with the **peanut butter**. Mix until smooth, then stir in the **tamari**, **honey**, **ginger paste**, **garlic paste** and the **juice from the lime**
- Add the **curry powder** (use half for a milder flavour) and **pepper** (make it kid friendly: leave the pepper out of the **curry** and serve as crunchy crudités on the side) to the **chicken**, toss to coat and cook for another 6 mins

Cook the broccoli & heat the rice

- Bring the large saucepan with salted hot water to a boil. Once boiling, add the **broccoli** and boil for 3-4 mins, until cooked, then drain
- Heat the other large frying pan on medium-high heat. Once hot, add the **rice** and break it up with a wooden spoon. Add a splash of water and cook for 2-3 mins, until piping hot. Alternatively, cook in the microwave as per pack instructions
- Pour the **peanut sauce** into the **chicken** pan and toss to combine. Simmer for 3-5 mins, until the sauce has thickened and coats the **chicken**

Plate up

- Check your **chicken** is cooked through by cutting a large piece in half; the flesh should be white and the juices running clear
- Serve the **peanut chicken** into bowls, with the **rice** and **broccoli** alongside

Before you start

Pull out 2 large frying pans, a large saucepan, a measuring jug & a sieve. Wash produce.

Ingredients

600g diced free-range chicken breast
2 peppers
2 broccoli
60g smooth peanut butter (peanuts, nuts)
25g honey
2 tsp ginger paste
2 tsp garlic paste
2 tbsp tamari (soya)
1 unwaxed lime
2 tsp curry powder
500g microwavable brown rice pouch

FAJITA-STYLE SALMON TRAYBAKE

with Mixed Potato Wedges & Avocado Salad



1/3 daily fibre

Prep: 15mins

Total: 35mins



Bake the wedges

- Cut the **potatoes** and **sweet potato** into wedges
- Place the wedges onto a baking tray, toss with **half the fajita spice**, $\frac{1}{2}$ tsp olive oil, a pinch of salt and pepper. Roast on the middle shelf of the oven for 25-30 mins / air fryer 20-25 mins, until soft and golden

Time for salmon

- Peel and thinly slice half an **onion**, then cut the **remaining** into 1cm thick wedges. Thinly slice the **peppers**
- Add the **onion wedges** and the pepper to one side of the other baking tray. Lay the **salmon fillets**, skin-side up, onto the other side of the tray. Coat the **salmon** in the **remaining fajita spice mix** (add less for less heat), and season with salt and pepper. Drizzle everything with $\frac{1}{2}$ tsp olive oil
- Add the **salmon** tray to the top shelf of the oven and roast for 20 mins / air fryer 18 mins, until cooked through

Finish the prep & pickle the onion

- Meanwhile, zest and quarter the **lime**. Dice the **avocado** into 1cm chunks
- In the large bowl, combine the **juice from half the lime**, **half the honey** and a pinch of salt and pepper. Mix well, then add the **sliced onion** and set aside to pickle
- When the **salmon** has 2-3 mins remaining, drizzle with the **remaining honey**

Build the salad & plate up

- Check your **fish** is cooked through; it should be steaming hot, opaque and separate easily with a fork
- Add the **avocado** and **salad leaves** to the **onion** bowl and toss in the **dressing** to coat (alternatively, remove the **onion** from the **dressing** first to serve separately, if preferred)
- Sprinkle the **lime zest** over the **salmon** and serve onto plates. Serve with the **roast veg**, **wedges** and **salad** alongside. Garnish with the **remaining lime wedges**

Before you start

Preheat the oven to 240C / fan 220C / gas 9 / air fryer 200C. Line 2 baking trays with parchment paper. Pull out a large bowl & a grater. Wash produce.

Ingredients

1 avocado
80g mixed salad leaves
1 unwaxed lime
25g honey
2 onions
2 peppers
4 salmon fillets (fish)
2 tbsp fajita spice mix
2 large potatoes
1 sweet potato

SUNFLOWER MINCE CHILLI

with Brown Rice, Avocado & Lime Yoghurt



1/3 daily fibre

Prep: 15mins

Total: 35mins

Get the rice on & prep

- Add the **rice** to the saucepan and boil for 25-30 mins, until cooked, then drain
- Meanwhile, place the **sunflower mince** in the medium bowl and cover with cold water. Leave for 10 mins, then drain
- Finely dice the **onions**. Dice the **peppers** into 1cm chunks (make it kid friendly: leave the **peppers** out of the sauce, thinly slice and serve as crunchy crudités on the side). Thinly slice the **avocado**. Halve the **lime**. Drain and rinse the **beans**

Start sizzlin' & make the yoghurt

- Heat the large frying pan with ½ tbsp olive oil on medium-high heat. Once hot, add the **onion** and **pepper** and cook for 6 mins, until golden and softened. Season with salt and pepper
- In the small bowl, combine the **yoghurt** with the **juice from half the lime** and a pinch of salt and pepper (make it kid friendly: leave the **yoghurt** plain. Save the **lime** for garnish)

Simmer the chilli

- Add the **smoked paprika** and **dried oregano** to the **veg** and cook for a further 1 min, then stir in the **sunflower mince**, **beans**, **passata**, **stock powder** and 150ml water. Bring to a simmer and cook for 5-6 mins, until thickened
- Squeeze the **juice from the remaining lime** into the **chilli**. Season to taste with salt and pepper

Plate up

- Serve the **sunflower mince chilli con carne** into bowls, with the **rice** alongside. Top with the **lime yoghurt** and **avocado**

Before you start

Bring a large saucepan filled with salted water to the boil. Pull out a large frying pan, a medium bowl, a small bowl, a sieve & a measuring jug. Wash produce.

Ingredients

2 onions
2 peppers
72g sunflower mince
1 unwaxed lime
80g coconut yoghurt
230g red kidney beans
2 tsp smoked paprika
2 tsp dried oregano
200g brown rice
1 avocado
400g passata
1 veg stock cube

HIDDEN-VEG PORK BOLOGNESE

with Wholewheat Penne & Hard Italian Cheese



High protein

Prep: 15mins

Total: 35mins

Time to fry & prep

- Heat the large frying pan with $\frac{1}{2}$ tsp olive oil on medium-high heat. Once hot, add the **pork** and season with salt and pepper. Cook for 4 mins, breaking up the **mince** with a wooden spoon, until golden brown
- Finely dice the **onion**. Halve the **tomatoes**. Finely chop the **parsley**. Coarsely grate the **carrots** (make it kid friendly: cut the **carrots** into batons and serve with the **tomatoes** as crunchy crudité's on the side instead)

Simmer simmer

- Add the **onion** and **carrot** to the **pork** pan and cook for another 3 mins, until softened
- Stir in the **garlic paste**, **parsley**, **tomatoes** and **balsamic vinegar** and cook for 1 min, then stir in the **passata**, **stock powder**, **lentils** and 400ml water. Bring to the boil, then cover with a lid and simmer for 22-25 mins, stirring occasionally, until the **lentils** are cooked through. Add a splash of water if it becomes too dry

Cook the pasta

- When the **lentils** have 12 mins **remaining**, bring the large saucepan filled with salted water to the boil. Once boiling, add the **pasta** to the saucepan and cook according to pack instructions, then drain. Finely grate the **cheese**

Plate up

- Stir the cooked **penne** through the **Bolognese**. Season to taste with salt and pepper
- Serve the **Bolognese** into bowls, sprinkled with the **cheese** to finish

Before you start

Pull out a large lidded frying pan, a large saucepan, a measuring jug, a sieve & a grater. Wash produce.

Ingredients

100g baby tomatoes
1 chicken stock cube
200g wholewheat pasta (wheat)
500g free-range pork mince
1 onion
2 carrots
2 tbsp garlic paste
a handful fresh parsley
1 tbsp balsamic vinegar (sulphites)
400g passata
80g red split lentils
20g parmesan (egg, milk)

MILD COD NUGGET KATSU CURRY

with Brown Rice & Rainbow Veg



1/3 daily fibre

Prep: 15mins

Total: 30mins

Boil the rice & bake the nuggets

- Add the **rice** to the saucepan of boiling water and boil for 25-30 mins, until cooked, then drain
- Toss the **cod** chunks in 2 tsp olive oil. Add the **gluten-free breadcrumbs** to a large plate and season with salt and pepper
- Two at a time, add the **cod chunks** to the **breadcrumbs** and use your hands to press the crumb onto the **fish** to coat. Place onto the large baking sheet
- Bake for 16 mins, until golden and cooked through

Make the katsu curry

- Meanwhile, dice the **carrots** into 1cm chunks (make it kid friendly: leave the **carrot** out of the **curry**, cut into batons and serve as crunchy crudités on the side). In the jug, dissolve the **stock** and **creamed coconut** with 250ml boiling water
- Heat the medium saucepan with 2 tsp olive oil on medium-high heat. Once hot, add the **carrot** and cook for 4-6 mins, until soft and golden
- Add the **katsu paste** (use less for less heat), **ginger paste** and **garlic paste**. Cook for 1 min, then stir in the **stock mixture**. Bring to a boil and simmer for 8-10 mins, until the sauce thickens and the **carrot** is tender. Season with salt and pepper to taste. If the sauce is too thin, continue to simmer

Before you start

Preheat the oven to 240C / fan 220C / gas 9. Line a large baking tray with parchment paper. Bring a large saucepan filled with salted water to a boil. Boil a half-full kettle. Pull out a medium saucepan, a large bowl, a large plate, a sieve & a measuring jug. Wash produce.

Ingredients

280g sweetcorn
4 tbsp katsu curry paste
2 carrots
200g brown rice
60g gluten-free breadcrumbs
40g creamed coconut
2 tsp ginger paste
2 tsp garlic paste
1 unwaxed lime
1 midi cucumber
1 veg stock cube
560g diced cod fillets (fish)

Toss the salad

- Drain the liquid from the **sweetcorn**. Dice the **cucumber** into 2cm chunks (make it kid friendly: cut the **cucumber** into batons and serve as crunchy crudités on the side)
- Add the **sweetcorn** and **cucumber** to the large bowl and toss with the **juice from half the lime**. Season with salt and pepper

Plate up

- Check your **fish** is cooked through; it should be steaming hot, opaque and separate easily with a fork
- Serve the **rice** and **cod** nuggets between bowls, with the **salad** alongside. Top the nuggets with the **curry** sauce. Garnish with the **remaining lime**, cut into wedges

The background of the image is a soft, out-of-focus photograph of pink leaves, likely from a rose or similar plant, with delicate veins visible. The leaves are in various shades of light pink and magenta, creating a gentle, textured backdrop.

WEEK THREE

CREAMY KING PRAWN PESTO PASTA

with Wholewheat Pasta, Peas & Broccoli



High protein

Prep: 15mins

Total: 20mins

Get started

- Trim and slice the **leek** into ½cm half-moons. Cut the **broccoli** into small **florets**
- Heat the large frying pan with 1 tbsp olive oil on medium-high heat. Once hot, add the **leek** and cook for 3-4 mins, until softening. Season with salt and pepper

Boil the pasta & broccoli

- Meanwhile, cook the **pasta** according to pack instructions
- In the final 3-4 mins, add the **broccoli** to the **pasta** and simmer for the remaining time, until cooked, then drain together (make it kid friendly: remove the **broccoli** with a slotted spoon and serve on the side, then drain the **pasta**)

Simmer the prawns

- Drain the **prawns**
- Add the **garlic paste** to the **leek** and cook for 30 secs. Add the **prawns**, **cream**, **pesto** and 50ml water. Bring to a boil and simmer for 7 mins, until the **prawns** are pink and cooked through
- Add the **peas** in the final 1-2 mins and cook until hot (make it kid friendly: add a splash of water to a small frying pan and warm the **peas** through for 3-4 mins until tender, season with salt and pepper, then serve on the side with the **broccoli**)

Finish & plate up

- Check your **prawns** are cooked through; they should be opaque, firm and steaming hot
- Stir the **pasta** and **broccoli** into the pan and grate in **half the cheese**. Mix until combined. Season to taste. Add a splash of water if it becomes too thick
- Serve the **prawn pasta** into bowls. Grate over the **remaining cheese** to finish

Before you start

Bring a large saucepan filled with salted water to the boil. Pull out a large frying pan, a sieve & a grater.

Wash produce.

Ingredients

1 leek
1 broccoli
400g king prawns (crustaceans)
4 tsp garlic paste
200ml vegan cream
8 tbsp green pesto
150g peas
20g parmesan (egg, milk)
250g wholewheat pasta (wheat)

BASA FISH & CHIPS TRAYBAKE

with Greens & Curry Sauce



High protein

Prep: 15mins

Total: 35mins

Get started

- Cut the **potatoes** and **sweet potato** into chips and place onto a lined baking tray. Toss with 1 tbsp olive oil and a pinch of salt and pepper. Roast for 25-30 mins / air fryer 20-25 mins, tossing once, until the chips are soft and golden
- Cut the **broccoli** into florets, trim the **green beans**. Zest and quarter the **lemon**
- In a small bowl, combine the **garlic paste**, **lemon zest**, **curry powder** and **half the tamari**

Time for basa

- After 15 mins of roasting, lay the **basa** onto the other lined baking tray. Spread the **garlic curry mix** evenly over the **basa** and sprinkle over the **gluten-free breadcrumbs**
- Add the **broccoli** and **green beans** to the tray around the **basa** (or add to a separate tray if too crowded). Drizzle everything with 1 tbsp olive oil and season with salt and pepper
- Bake the **basa** and **veg** for 11-13 mins, until the **veg** is golden and the **basa** is cooked through

Make the curry dip

- To the other small bowl, add the **creamed coconut** with ½ a tbsp hot water. Use a fork to break up and whisk until smooth. Stir in the **remaining tamari** and **katsu paste** (use less for less heat), then combine with the **yoghurt**

Plate up

- Check your **fish** is cooked through; it should be steaming hot, opaque and separate easily with a fork
- Serve the **basa** onto plates, with the chips and **greens** alongside. Serve the **curry dip** alongside. Garnish with the **lemon wedges**

Before you start

Preheat the oven to 220C / fan 200C / gas 7 / air fryer 200C. Line 2 large baking trays with parchment paper. Pull out 2 small bowls & a grater. Wash produce.

Ingredients

2 tsp curry powder
4 basa fillets (fish)
30g gluten-free breadcrumbs
3 large potatoes
1 small sweet potato
2 tbsp tamari (soya)
80g Greek-style yoghurt (milk)
15g creamed coconut
240g green beans
1 broccoli
1 unwaxed lemon
2 tbsp katsu curry paste
4 tsp garlic paste

MEXICAN-STYLE BEANS

with Smoky Potatoes, Lime Yoghurt & Salad



1/3 daily fibre

Prep: 10mins

Total: 35mins



Bake the sliced potatoes

- Thinly slice the **potatoes** into 1cm thick rounds
- Spread evenly onto the lined baking tray in one single layer. Sprinkle over a third of the **fajita spice mix**, drizzle with 1 tbsp olive oil and season generously with salt and pepper
- Bake in the oven for 22-25 mins / air fryer 18-20 mins, until golden and soft

Make the chilli

- Dice the **peppers** into 2cm chunks. Roughly chop the **coriander**. Halve one **lime**, quarter the other. Drain and rinse the **black beans**
- Heat the frying pan with 1 tbsp olive oil on medium-high heat. Once hot, add the **peppers** and cook for 2-3 mins until softened. Season with salt and pepper
- Add the **garlic paste**, **half the coriander** (or leave for garnish at the end) and the **remaining Mexican spice mix**. Cook for 1 min then stir in the **tomatoes**, **tamari**, the **black beans**, and **kidney beans** (with their liquid)
- Bring to a boil, then simmer for 10-12 mins until the sauce thickens. Season to taste

Final touches

- In the small bowl, combine the **yoghurt** with the **juice from half a lime** and a pinch of salt. Trim and thinly slice the **lettuce**

Plate up

- Serve the **Mexican beans** into bowls and top with the **smoky potatoes**. Serve the salad alongside and squeeze over the **juice from half a lime**
- Garnish with the **remaining coriander** and the **remaining lime wedges**. Top with a dollop of **yoghurt** to finish

Before you start

Preheat the oven to 240C / fan 220C / gas 9 / air fryer 200C. Line a large baking tray with parchment. Pull out a large frying pan. Wash produce.

Ingredients

230g black beans
3 large potatoes
2 peppers
1 handful of fresh coriander
2 unwaxed limes
2 tbsp fajita spice mix
460g red kidney beans
4 tsp garlic paste
390g chopped tomatoes
80g coconut yoghurt
1 tbsp tamari (soya)
2 little gem lettuces

STICKY SWEET & SOUR CHICKEN

with Brown Rice Noodles, Edamame & Pak Choi



High protein

Prep: 15mins

Total: 30mins

Get started

- Add the **rice** to the saucepan and boil for 25-30 mins, until cooked, then drain
- Add the **chicken** and 1 tbsp **cornflour** to the large bowl, season with a pinch of salt and pepper and toss to coat
- Heat the large frying pan with 2 tsp olive oil on medium-high heat. Once hot, add the **chicken** and cook for 14 mins, stirring occasionally, until golden and cooked through. Season with salt and pepper
- Check your **chicken** is cooked through by cutting a large piece in half; the flesh should be white and the juices running clear. Remove the **chicken** from the pan and set aside

Do the prep

- Meanwhile, dice the **peppers** into 2cm chunks (make it kid friendly: leave the **pepper** out of the stir-fry, thinly slice and serve as crunchy crudité's on the side)
- Drain the **pineapple**, reserving the **juice** in the measuring jug
- Add the **ketchup**, **tamari**, **tamarind**, **honey**, **vinegar** and 1 tbsp of **cornflour** to the **pineapple juice** with a generous pinch of salt. Stir to combine

Combine the flavours

- Reheat the large frying pan with 1 tsp olive oil on medium-high heat. Once hot, add the **pepper** and cook for 4-5 mins, until softening. Add the **pineapple** and **mangetout** (make it kid friendly: serve the **mangetout** as crunchy crudité's on the side instead) and cook for 2-3 mins more. Season with salt and pepper
- Return the **chicken** to the **veg** pan, pour in the sauce and bring to a simmer. Simmer for 1-2 mins, until the sauce has thickened slightly and coats the **chicken** and **veg**

Plate up

- Serve the **rice** into bowls, topped with the **sweet & sour chicken** and **veg**

Before you start

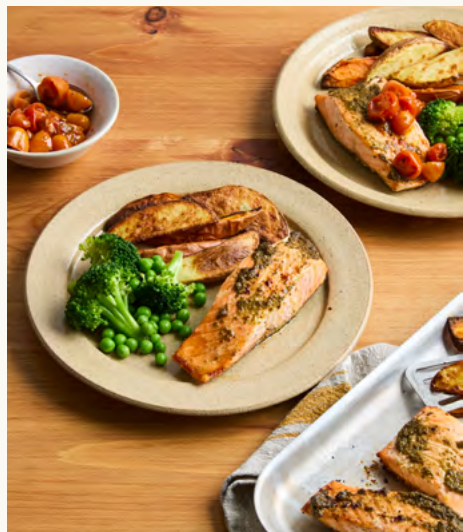
Bring a large **saucepan** filled with salted to a boil. Pull out a large **frying pan**, a large **bowl**, a **sieve** & a **measuring jug**. Wash produce.

Ingredients

1 tbsp rice vinegar
 2 tbsp cornflour
 2 tsp tamarind paste
 2 tbsp tamari (soya)
 2 tbsp tomato ketchup
 600g diced free-range chicken breast
 2 red peppers
 2 green peppers
 140g tinned pineapple
 25g honey
 160g mangetout
 200g brown rice

PESTO ROAST SALMON

with Mixed Potato Wedges, Peas & Garlic Tomatoes



High protein

Prep: 15mins

Total: 35mins

Get the wedges on

- Cut the **potatoes** and **sweet potato** into wedges
- Place the wedges onto a lined baking tray and toss with 2 tsp olive oil and a pinch of salt and pepper. Roast for 10 mins
- Thinly slice the **garlic**. Halve the **tomatoes** (make it kid friendly: serve the **tomatoes** as crudité's on the side and leave out the **garlic**)

Salmon time

- After 10 mins of roasting, toss the wedges with the **smoked paprika** and **dried oregano**. Roast for a further 15-20 mins, until soft and golden
- Place the **salmon**, skin-side down, onto one side of the other lined baking tray, coat with the **pesto** and season with salt and pepper. Turn the **fillets** skin-side up then drizzle with 1 tsp olive oil
- Add the **tomatoes** and **garlic** to the other side of the baking tray. Season with a generous pinch of salt and pepper. Drizzle with 1 tsp olive oil. Roast for 20 mins, until the **salmon** is cooked through and the **tomatoes** are soft

Cook the greens

- Meanwhile, trim and halve the **broccoli**. Bring the large saucepan filled with salted hot water to a boil
- When the **salmon** has 5 mins **remaining**, add the **broccoli** and boil for 3-4 mins, adding the **peas** in the final minute, then drain together

Plate up

- Check your **fish** is cooked through; it should be steaming hot, opaque and separate easily with a fork
- Serve the **pesto salmon** onto plates, with the wedges and **greens** alongside. Top with the **roasted garlic tomatoes** (for those who'd like them)

Before you start

Preheat the oven to 240C / fan 220C / gas 9. Line 2 baking trays with parchment paper. Pull out a large saucepan & a sieve. Wash produce.

Ingredients

1 sweet potato
2 large potatoes
2 tbsp green pesto
4 salmon fillets (fish)
200g baby tomatoes
2 garlic cloves
150g peas
1 tsp smoked paprika
1 tsp dried oregano
240g Tenderstem broccoli



WEEK FOUR

STICKY FIVE-SPICE BEEF

with Egg Fried Rice & Rainbow Veg



High protein

Prep: 10mins

Total: 20mins

Sizzle the beef

- Heat the large frying pan with $\frac{1}{2}$ tsp olive oil on medium-high heat. Once hot, add the **beef** and season with salt and pepper. Cook for 5 mins, breaking up the **mince** with a wooden spoon
- Stir in the **five-spice** (feel free to leave out for the kids), **honey** and **one-third of the tamari**. Cook for a further 2-3 mins, until golden brown and cooked, then remove from the pan and set aside

Prep the veg & build the dish

- Meanwhile, thinly slice the **onions**. Halve the **carrots** lengthways, then slice into $\frac{1}{2}$ cm thick half-moons (peel optional). Cut the **pak choi** into bite-sized pieces. Finely chop or crush the **garlic**
- Reheat the large frying pan with $\frac{1}{2}$ tsp olive oil on medium-high heat. Once hot, add the **onion** and **carrot** and cook for 4-5 mins, until starting to soften. Season with salt and pepper
- Add the **pak choi**, **ginger paste** and **garlic**. Cook for a further 2 mins

Add the rice & cook the eggs

- Add the **rice** and **remaining tamari** to the pan, breaking it up with a wooden spoon. Add a splash of water and cook for 2-3 mins, until piping hot
- Push the **rice** to one side of the pan. Crack the **eggs** into the other side and break them up with a wooden spoon. Cook for 1-2 mins, until firm, then mix into the **rice**. Season with a pinch of salt and pepper

Plate up

- Stir the **beef** into the **rice** and season to taste. Serve into bowls

Before you start

Pull out a large frying pan. Wash produce.

Ingredients

2 garlic cloves
2 tsp ginger paste
2 tbsp tamari (soya)
500g British beef mince
1 tsp Chinese five-spice
25g honey
2 onions
2 carrots
2 pak choi
500g brown rice pouch
2 eggs (egg)

MASALA PANEER

with Sweet Potato & Lentil Dhal & Coriander Drizzle



High protein

Prep: 15mins

Total: 35mins

Roast the potato & paneer

- Cut the **sweet potato** into 2cm chunks (peel optional). Dice the **paneer** into 2cm chunks
- Add the **sweet potato** to the lined baking tray, toss 1 tsp oil and a pinch of salt and pepper. Roast for 20 mins
- After 20 mins, move the **potato** to one side of the tray and add the **paneer** and **cashews** to the other side of the tray. Coat the **paneer** and **cashews** with 1 tbsp of the **tikka paste** and the **hot honey**. Roast for a further 10 mins, until the **potatoes** are soft

Build the dahl

- Heat the large frying pan with ½ tsp oil on medium heat. Once hot, add the **remaining tikka paste**, **ginger paste** and **garlic paste** and cook for 3 mins, stirring often, until fragrant
- Drain and rinse the **lentils**, then add to the pan with the **passata** and 150ml water. Bring to a boil, then simmer on medium heat for 15-18 mins, until reduced slightly. Season with salt and pepper

Prep the garnish & Finish the dahl

- Finely slice the **onion**. Halve the **lime**. Add the **onion** to the small bowl with the **juice from half the lime** and a pinch of salt. Set aside to pickle
- Finely chop the **coriander** and add to the (now empty) measuring jug along with the **juice from the remaining lime** and 1 tbsp water. Season with salt and pepper
- Remove the **dahl** from the heat and stir the **roasted potato** and **yoghurt** into the **lentils**. Add a splash of water if it's too thick. Season to taste with salt and pepper

Plate up

- Serve the **sweet potato** and **lentil dhal** into bowls. Top with the **paneer**, **cashew nuts** and **pickled onions**, then spoon over the **coriander drizzle** to finish

Before you start

Preheat the oven to 240C / fan 220C / gas mark 9. Line a baking tray with parchment paper. Pull out a large frying pan, a sieve, a small bowl & a measuring jug

Ingredients

15ml hot honey
 30g cashew nuts (nuts)
 2 tsp ginger paste
 2 tsp garlic paste
 1 sweet potato
 506g bijoux verts
 lentils in salted water
 400g passata
 2 handful of fresh coriander
 1 unwaxed lime
 4 tbsp tikka paste (mustard)
 225g paneer (milk)
 1 onion
 80g Greek style yoghurt (milk)

LOADED SWEET POTATOES

with Smoky Beans, Yoghurt & Avocado



1/3 daily fibre

Prep: 15mins

Total: 35mins

Get the sweet potatoes on

- Halve the **sweet potatoes** and score a cross into the flesh (careful not to cut all the way through)
- Rub with $\frac{1}{2}$ tsp **paprika**, $\frac{1}{2}$ tsp **oregano**, 2 tsp olive oil and a pinch of salt. Place the **sweet potatoes** onto the baking tray, cut-side down. Roast for 30-35 mins / air fryer 20-25 mins, until soft and golden

Bake the beans

- Meanwhile, thinly slice the **spring onions**, keeping the white and green parts separate. Finely chop the **parsley**. Drain and rinse the **beans**
- Heat the large oven-proof pan with 2 tsp olive oil on medium-high heat. Once hot, add the **spring onion whites** and cook for 2-3 mins, until softened. Season with salt and pepper
- Add the **garlic paste** and **remaining smoked paprika & dried oregano** (use less for a milder flavour) and cook for another 1 min
- Stir in the **passata**, **cannellini beans**, **tamari**, **chopped parsley**, and add 100ml water. Bring to a boil, then pop a lid on the pan and transfer to the oven. Bake for 15-18 mins, until the sauce has thickened (alternatively, lower the heat to medium and simmer on the hob for 12-13 mins)

Prep the toppings

- Meanwhile, thinly slice the **avocado**. Roughly chop the **coriander**. Zest and halve the **lime**
- In the small bowl, combine the **vegan yoghurt** and **lime zest** with a pinch of salt and pepper
- When everything's ready, add a squeeze of **lime juice** to the **beans**. Season to taste

Plate up

- Flip the **potatoes** cut-side up and press with a fork to lightly **mash**. Serve onto plates, topped with the smoky **beans**
- Load up the **sweet potatoes** with your choice of **avocado**, **coriander**, **yoghurt** and **spring onion greens**. Garnish with the **remaining lime**, cut into wedges

Before you start

Preheat the oven to 220C / fan 200C / gas 7 / air fryer 200C. Line a **baking tray** with parchment paper. Pull out a **large oven-proof frying pan**, a **small bowl**, a **sieve** & a **measuring jug**. Wash produce.

Ingredients

80g vegan yoghurt
1 tbsp garlic paste
1 handful fresh parsley
1 unwaxed lime
1 tbsp **tamari** (soya)
1 avocado
1 handful of fresh coriander
460g cannellini beans
4 small sweet potatoes
400g passata
3 spring onions
2 tsp smoked paprika
2 tsp dried oregano

ONE-POT CHICKEN TIKKA BIRYANI

with Wholegrain Pilau Rice, Flaked Almonds & Yoghurt



High protein

Prep: 10mins

Total: 25mins



Start the biryani

- Finely slice the **onions**
- Heat the large frying pan with 1 tbsp olive oil on medium-high heat. Once hot, add the **chicken, onions and curry powder**. Cook for 10 mins, until golden. Add a splash of water if the pan looks dry. Season with salt and pepper
- Meanwhile, halve the **tomatoes**

Build the flavour

- Add the **tomatoes, tikka paste** (add less for less heat) and **half the almonds** to the pan and cook for 4 mins, until the **chicken** is cooked through and the **onion** is soft
- Stir in the **passata** and 150ml water. Season with a pinch of salt
- Bring to the boil and simmer for 3-4 mins, until thickened slightly. Season with salt and pepper

Add the rice

- Add the **rice** to the **chicken** and break it up with a wooden spoon. Toss to coat in the **sauce** and cook for 2 mins, until the **rice** is piping hot
- Stir the **peas** into the **biryani** in the final minute of cooking. Season to taste

Plate up

- Check your **chicken** is cooked through by cutting a large piece in half; the flesh should be white and the juices running clear
- Serve the **chicken biryani** into bowls. Top with a dollop of **yoghurt** and scatter with the **remaining almonds**

Before you start

Pull out a large frying pan & a measuring jug. Wash produce.

Ingredients

190g baby tomatoes
1 tbsp curry powder
600g diced free-range chicken breast
2 onions
200g passata
2 tbsp tikka paste (mustard)
20g flaked almonds (nuts)
500g microwave pilau basmati rice pouch
150g peas
160g Greek-style yoghurt (milk)

ONE-POT PAELLA

with Sticky Prawns & Giant Couscous



High protein

Prep: 15mins

Total: 35mins



Start the prep and sizzle the prawns

- Drain the **prawns**. Quarter the **lemon**. Thinly slice the pepper and **garlic**. Roughly dice the **onions**
- Heat the medium frying pan with 1 tbsp olive oil on high heat. Once hot, add the **prawns** and cook for 3 mins. Season with salt and pepper then add **half the harissa** and **honey**. Sizzle for a further 3 mins, until the sauce is thickened and the **prawns** are cooked through. Squeeze in the **juice from a lemon** wedge then remove the **prawns** and **harissa** sauce from the pan

Make the couscous

- Reheat the frying pan with 2 tsp olive oil then add the **peppers** and **onions**. Fry for 2-3 mins until softened then add the **smoked paprika**, **dried oregano** and **garlic**
- Cook for 2-3 mins then season with a generous pinch of salt and pepper
- Stir in 800ml boiling water and the **stock** and bring to the boil. Cover with the lid then simmer for 20-22 mins until the **couscous** is tender and cooked through

Make the lemon yoghurt

- Add the **yoghurt** to the small bowl with a **squeeze of lemon**. Season with salt and pepper
- Once cooked, stir the **peas** and **remaining harissa** into the **couscous** and season to taste with salt and pepper, then top with the **harissa prawns**. Allow to warm through for 1-2 mins

Plate up

- Serve the **harissa prawns** and couscous into bowls. Serve the **salad** alongside, with a **squeeze of lemon** and a drizzle of olive oil. Garnish with the **lemon yoghurt** and **remaining lemon**, cut into wedges

Before you start

Boil a kettle. Pull out a nonstick frying pan, a measuring jug and a small bowl. Wash produce.

Ingredients

1 veg stock cube
400g king prawns (crustaceans)
4 tbsp harissa paste
25g honey
2 onions
2 peppers
150g peas
2 tsp smoked paprika
2 tsp dried oregano
240g wholewheat giant couscous (wheat, mustard, soya)
80g Greek-style yoghurt (milk)
3 garlic cloves
1 unwaxed lemon
80g mixed salad leaves

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