



Healthy St Patricks Day Meals

Celebrate this St Patricks with a delicious hearty **Irish stew** that's good for you!



Stews are an easy & versatile dinner recipe. They can be easily prepared before dinner time and leftovers can be frozen for another day.

Serves 4

- 3 tablespoons of wholemeal flour
- 3 teaspoons of ground black pepper
- 1 pound of lamb shoulder, cut into 1 inch pieces or lamb chops
- 2 tablespoons of sunflower oil
- 4 large carrots, chopped roughly
- 2 large onions, chopped into half moon pieces
- 1 litre of lamb or beef stock
- 2 bay leaves
- 5 large potatoes peeled and sliced into 1cm discs
- A good handful of freshly chopped parsley

Preheat the oven to 200 degrees C / Gas 6

- Place the lamb, wholemeal flour and black pepper in a resealable plastic bag. Seal the bag and give it a good shake so that all the lamb pieces have a nice coating of flour and pepper.
- Heat a large frying pan with the oil and brown half the lamb pieces. Transfer the lamb pieces to the casserole. Repeat with the rest of the meat.
- Fry the onions in the meat juice on the pan for 2 minutes, adding an extra drop of oil if necessary. Transfer the onions to the casserole.
- Add in the carrots, stock, bay leaves and stir through.
- Add the potato slices on top, season with a generous amount of black pepper and cover with the lid.
- Transfer the casserole to the oven and cook for 1 hour.
- Serve straight from the casserole to some large bowls. Sprinkle the parsley on top and enjoy!





Or keep it green with this **Thai spinach soup**.

A super quick and creamy soup that can be rustled up in just 15 minutes. In season in spring spinach is packed with nutrients such as iron & folate.

Serves 4

Calorie controlled cooking spray

2.5cm (1 inch) fresh root ginger, chopped finely

4 garlic cloves, crushed

1 teaspoon Thai curry paste

500g baby spinach

1.2 litres (2 pints) vegetable stock

100ml reduced fat coconut milk

Freshly ground black pepper

- Heat a large saucepan and spray with cooking spray. Add the ginger, garlic and curry paste and stir fry for a few minutes until fragrant.
- Add the spinach and stock and bring to the boil. Simmer for a few moments and then using a blender or hand held blender, liquidise the soup until smooth. You may need to do this in batches.
- Return to the pan to warm through, stir in the coconut milk and season to taste.