



# SUPERHERO SPUDS

BAKED SWEET POTATOES WITH SMOKED TROUT

WEDNESDAY • Serves 4 • Ready in 45 minutes • Active cooking time 10 minutes

### WHAT YOU NEED

- 4 large sweet or regular potatoes
- Olive oil
- Salt and black pepper, to taste
- Smoked Trout Filling*
- 250g fat-free smooth cottage cheese
- 2 Tbsp lemon juice
- 1 tsp creamed horseradish or Dijon mustard
- 250g hot-smoked trout fillets, skins removed, flaked
- 2 Tbsp chopped fresh parsley or chives

### Optional to serve

Simple green salad

### WHAT TO DO

Preheat the oven to 190°C. Rub the potatoes with a little olive oil, add a sprinkle of salt and pepper and place them on a baking tray. Bake for 40 minutes or until they can be easily pierced with a knife.

Mix together the filling ingredients and season to taste.

When the potatoes are ready, cut each in half lengthwise and top with the trout filling. Serve immediately with the green salad.

# FAMILY FAVOURITE CHICKEN CASSEROLE

THURSDAY • Serves 4 • Ready in 30 minutes

### WHAT YOU NEED

- 8–12 chicken thighs (boned, skinless)
- Salt and black pepper, to taste
- 1–2 Tbsp olive oil
- 4 leeks, chopped, or 1 large onion, diced
- 1 tsp dried mixed herbs
- 1 Tbsp butter
- 1 Tbsp cake wheat flour
- 1 cup chicken stock
- ½ cup cream
- ¼ cup chutney
- 1 cup frozen peas or sweetcorn

### Optional to serve

Mashed potato or fluffy rice

### WHAT TO DO

Start by cooking the side dish of peeled, cubed potatoes (for mash) or white rice.

Dice the chicken thighs, season and fry them in 1 Tbsp olive oil in a pan over medium-high heat until golden. Remove the chicken from the pan and transfer to a large bowl.

In the same pan, fry the leeks or onion and dried herbs until the leeks have softened, 5–8 minutes. Add the butter, allow to melt, then add the flour and stir well. Pour in the stock, stirring continuously, and bring to a simmer.

Return the chicken to the pan and add the cream and chutney. Stir well and simmer for 15 minutes with the lid off, adding the peas or corn for the last 2–3 minutes.

Serve with the side of your choice.

### VARIATIONS

\* Fry 250g diced mushrooms along with the leeks.