

Easter entertaining

Daniela F.
WW member

Whether you're a meat, seafood or veggie lover (or all of the above!), we've got your Easter menu sorted so you can enjoy the holiday with loved ones

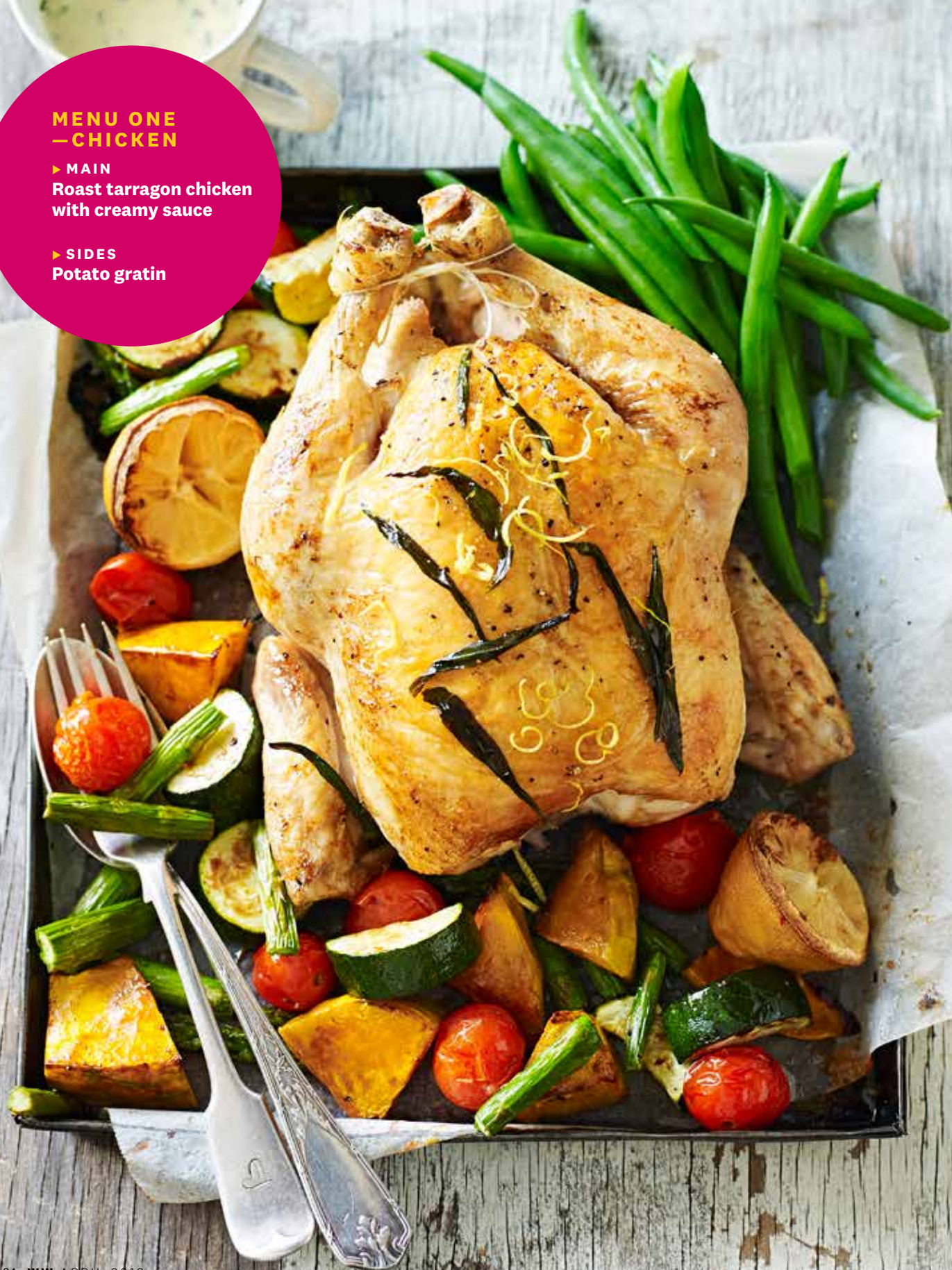
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MENU ONE — CHICKEN

► MAIN
Roast tarragon chicken
with creamy sauce

► SIDES
Potato gratin



Roast tarragon chicken with creamy sauce

serves: 4 prep: 20 min
cooking: 1 hr 5 min



1.2kg whole chicken, fat trimmed
½ cup fresh tarragon leaves, plus extra
2 tsp finely chopped for sauce
1 lemon, halved
500g pumpkin, cut into 4cm pieces
2 zucchini, chopped
1 bunch asparagus, cut into 4cm lengths
250g cherry tomatoes
¼ cup (60ml) light thickened
cooking cream
3 tsp Dijon mustard
1 tsp finely grated lemon zest

- 1 Preheat oven to 200°C. Line a large baking tray with baking paper.
- 2 Place chicken in a baking dish and lightly spray with oil. Place ½ cup tarragon leaves in chicken cavity. Sprinkle chicken with remaining tarragon leaves. Season with salt and pepper. Add lemon halves to dish. Bake for 1 hour or until chicken is cooked through. Transfer chicken and lemon halves to a plate. Cover with foil and set aside to rest for 10 minutes. Reserve cooking juices in pan.
- 3 Meanwhile, spread pumpkin, zucchini, asparagus and tomatoes on prepared tray. Lightly spray with oil and bake with chicken for 40 minutes or until golden and tender.
- 4 Skim and discard fat from cooking juices. Drain juices into a small saucepan. Add cream and mustard and bring to the boil. Reduce heat and simmer, stirring, for 2 minutes or until slightly thickened. Stir in extra chopped tarragon.
- 5 Sprinkle chicken with zest and drizzle with juice from roasted lemon halves. Serve with vegetables and sauce.

SERVE WITH steamed green beans.

8 SmartPoints value per serve

Healthy kitchen tip

You can use 1 teaspoon each of crushed fennel and crushed coriander seeds instead of tarragon. The SmartPoints value remains the same.

People with food allergies or sensitivities should always check the ingredient information on products to ensure they meet their dietary needs.



Potato gratin

serves: 8 prep: 15 min cooking: 1 hr 15 min + 15 min standing



1¼ cups (310ml) full-cream milk
2 tbs reduced-fat oil spread
Large pinch ground nutmeg
1 garlic clove, bruised
700g Desiree potatoes, peeled
300g parsnips
¼ cup (20g) grated parmesan cheese

- 1 Heat milk, spread, nutmeg and garlic in a saucepan over medium heat for 4-5 minutes or until simmering. Remove from heat. Set aside for 15 minutes to infuse.
- 2 Meanwhile, using a mandolin, thinly slice potato and parsnip. Strain milk

mixture into a large bowl. Add potato and parsnip. Season with salt and pepper, and toss to coat.

3 Preheat oven to 200°C. Layer potato and parsnip in a 22cm x 15cm (base measurement), 2L (8-cup) capacity ovenproof baking dish. Pour over milk mixture. Cover with a sheet of foil. Bake for 45 minutes. Remove foil and sprinkle cheese. Bake for a further 20-25 minutes or until potato is tender.

4 SmartPoints value per serve



MENU TWO — LAMB

▶ MAIN
Lemon &
oregano lamb

▶ SIDES
Roasted vegetables
steamed broccoli
and peas

Lemon & oregano lamb with roasted vegetables

serves: 4 prep: 10 min cooking: 40 min



1 bunch baby carrots
½ small cauliflower, cut into florets
2 red onions, cut into wedges
2 zucchini, cut into batons
1 tbs fresh rosemary leaves
2 garlic cloves, crushed
3 tsp finely grated lemon rind
1 tbs chopped fresh oregano
1 x 600g lean mini lamb round roast,
 fat trimmed (see tip)
Lemon wedges, to serve

1 Preheat oven to 200°C. Line a baking tray with baking paper.
2 Place carrots, cauliflower, onion, zucchini, rosemary, garlic and 1 teaspoon lemon rind on baking tray. Toss to combine, season with salt and pepper and lightly spray with oil. Bake for 20 minutes.

3 Meanwhile, combine oregano and remaining rind in a small bowl. Sprinkle oregano mixture evenly over lamb. Season with salt and pepper. Lightly spray a large non-stick frying pan with oil and heat over high heat. Cook lamb for 1-2 minutes each side or until browned. Transfer to tray with vegetables.

4 Bake lamb with vegetables for 20-25 minutes or until cooked to your liking. Transfer to a plate. Cover loosely with foil and set aside to rest for 5 minutes before thickly slicing.

5 Serve lamb with roasted vegetables and lemon wedges.

SERVE WITH 0 SmartPoints value steamed broccoli and peas.

4 SmartPoints value per serve

Healthy kitchen tip

You can also use two 300g mini lamb leg roasts (fat-trimmed). Decrease cooking time to 15 minutes. The SmartPoints value remains the same.

MENU THREE — SALMON

► MAIN
Salmon with chilli
& herb crust

► SIDES
Oven-roasted chips
+ Colcannon with
spinach & leek

Salmon with chilli & herb crust

serves: 8 prep: 20 min cooking: 20 min



- 1.2kg whole side of salmon, scaled
- 1 tbs olive oil
- 1 tbs coarsely chopped fresh flat-leaf parsley
- 1 tbs coarsely chopped fresh mint
- 2 tsp finely chopped fresh dill
- 1 garlic clove, crushed
- 2 tsp coarsely chopped capers
- 1 long fresh red chilli, deseeded, thinly sliced
- 1 bunch broccolini, halved lengthways
- 1 bunch asparagus
- 2 tsp grated lemon rind
- 2 tsp pine nuts, toasted
- Lemon wedges, to serve

1 Preheat oven to 120°C. Line a large baking tray with baking paper. Place salmon fillet on tray. Cover with a layer of baking paper and loosely seal edges. Bake for 20 minutes or until salmon is cooked to your liking.

2 Meanwhile, combine oil, parsley, mint, dill, garlic, capers and chilli in a medium bowl and set aside. Boil, steam or microwave broccolini and asparagus until just tender. Drain, then place broccolini and asparagus into a medium bowl. Add rind and pine nuts, tossing well to combine.

3 Open baking paper on top of fish. Using 2 spatulas or gloved hands, carefully turn fish over, transferring onto serving plate. Peel away skin. Sprinkle over herb mixture, then serve fish with lemon wedges and broccolini and asparagus on the side.

1 SmartPoints value per serve

Healthy kitchen tips

The cooking time will vary, depending on the thickness of fish.

The chilli & herb mixture can also be used on roasted or grilled chicken or beef fillet.



Oven-roasted chips

serves: 8 prep: 5 min cooking: 40 min



Boil 8 (960g) desiree potatoes until almost tender. Drain and cut into thick chips. Place chips on an oven tray lined with baking paper. Generously spray with oil and season well with salt and pepper. Bake in a hot 220°C oven for 30-40 minutes or until golden and crisp. Serve with 1 tablespoon of tomato relish per serve.

3 SmartPoints value per serve



Colcannon with spinach & leek

serves: 8 prep: 10 min cooking: 15 min



Cook 6 (720g) potatoes (chopped) and 6 (240g) small parsnips (chopped) in a saucepan of boiling water until tender. Drain. Return to pan. Mash with ¾ cup (60g) light sour cream until smooth. Meanwhile, heat 1 tbs olive oil in a medium non-stick frying pan over medium heat. Cook 2 leeks (sliced), stirring, for 2 minutes or until softened. Add 4 cups (80g) baby spinach leaves and stir until wilted. Fold leek mixture through mash to serve.

3 SmartPoints value per serve



MENU FOUR — VEGETARIAN

► MAIN
Roasted vegetable
deep-dish quiche

► SIDES
Simple salad

Roasted vegetable deep-dish quiche

serves: 6 prep: 10 min cooking: 1 hr 15 min



- 1 sheet reduced-fat shortcrust pastry, partially thawed
- 500g Japanese pumpkin, peeled, cut into 2cm pieces
- 1 medium red capsicum, thickly sliced
- 1 medium red onion, thickly sliced
- 1 tbs olive oil
- 6 eggs, lightly whisked
- ¾ cup (80ml) light cream
- 120g cherry tomatoes, halved
- 2½ cups (60g) baby spinach leaves
- 65g reduced-fat ricotta cheese

1 Preheat oven to 200°C. Lightly spray a 20cm-round springform pan with oil, then line base and sides with pastry. Trim edges, then refrigerate for 10 minutes.

2 Place pumpkin, capsicum and onion on a baking tray, drizzle with oil and season with

sea salt and freshly ground black pepper. Cook for 35-40 minutes or until vegetables are softened. Remove and allow to cool.

3 Reduce oven to 180°C. Place eggs and cream in a medium bowl, mixing well to combine. Add roasted vegetables, tomato, spinach and ricotta and gently mix to combine. Season with salt and freshly ground black pepper. Pour mixture into pastry shell and bake for 30-35 minutes or until quiche is cooked and golden. Serve.

SERVE WITH a 0 SmartPoints salad of lettuce, tomato and grated carrot.

6 SmartPoints value per serve

Top off your Easter feast with a delectable dessert on page 42