

all-in-one SUPPERS

Cut down on cleanup—but not the flavour and fun—with these kid-pleasing dinners that cook in just one pot or pan

Hoisin-Pork Noodle Bowl

This colourful stir-fry includes noodles in the mix, so all you need to do is pile it into bowls and enjoy. Serve alongside Asian Spinach-Mango Salad (page 43). **MAKES 4 SERVINGS**

- 1 lb (500 g) boneless pork steaks, trimmed of excess fat and cut into thin strips
- 2 tbsp (25 mL) each rice or white wine vinegar and low-sodium soy sauce
- 8 oz (250 g) Asian rice stick noodles
- ¼ cup (50 mL) each hoisin sauce, orange juice and no-salt-added chicken stock
- 2 tsp (10 mL) cornstarch
- 4 tsp (20 mL) vegetable oil
- 1 red or orange sweet pepper, seeded and cut into thin strips
- 1 lb (500 g) snow peas, trimmed
- 3 cloves garlic, minced
- 2 tsp (10 mL) minced fresh ginger
- ¼ tsp (1 mL) hot pepper flakes (optional)
- 2 green onions, thinly sliced
- 2 tbsp (25 mL) toasted sesame seeds (optional)

1. In a medium bowl, toss together pork, vinegar and soy sauce. Set aside.
2. Put noodles in a large bowl. Pour enough boiling water over them to cover and set aside for 10 minutes. Drain noodles well, then snip into 3-inch (8 cm) pieces with scissors and set aside in bowl.
3. In a 1-cup (250 mL) liquid measure, whisk together hoisin sauce, orange juice, chicken stock and cornstarch. Set aside.
4. In large nonstick skillet, heat 2 tsp (10 mL) oil over medium-high heat. Add pork and stir-fry for 2 to 3 minutes or until no longer pink. With a slotted spoon, remove pork and add to noodles.
5. Add another 1 tsp (5 mL) oil to skillet and heat over medium-high heat. Add sweet pepper and stir-fry for 1 minute, then add snow peas and stir-fry for about 2 minutes or until pepper and snow peas are almost tender-crisp.
6. Make a space in centre of skillet and add remaining oil, garlic, ginger and hot pepper flakes. Stir-fry for about 15 seconds or until fragrant.
7. Return pork to skillet, along with noodles. Stir-fry until combined. Add hoisin mixture and stir-fry for 2 minutes. Stir in green onions. Taste and add more soy sauce if necessary. Serve sprinkled with sesame seeds.

PER SERVING: 498 CALORIES, 8.5 G FAT, 668 MG SODIUM, 69.1 G CARBOHYDRATES, 33.8 G PROTEIN, 6 G FIBRE

BY JULIA AITKEN
PHOTOGRAPHY BY EDWARD POND
FOOD STYLING BY HEATHER SHAW
PROP STYLING BY PAIGE WEIR

LEFT: BANANA-LEAF PLACE MAT, \$16.99 (ITEM #43550), WHOLE HOME. **BLACK PLACE MAT**, \$6.99 (ITEM #87131), ONEIDA. **CHOPSTICKS AND SPICE HOLDERS**, \$34.99, PART OF BIA **SUSHI-TO-GO SET** (ITEM #43275). **BOWLS**, \$38.99 EACH (ITEM #38343), DENBY. **PAN**, \$88.99 (ITEM #13927), RICARDO.

THIS PAGE: SPOON, \$11.99 (ITEM #23004), RICARDO. **PAN**, \$59.99 (ITEM #13097), PADERNO. **NAPKIN**, \$19.99/SET OF 4 (ITEM #94267), LADY ROSEDALE.

Roasted Mediterranean Chicken and Vegetables

Roasted chicken and veg on the table in about an hour? Yes, if you try this easy shortcut that's scrumptious with Greek Potato Salad (page 43). **MAKES 4 SERVINGS**

- 4 cloves garlic, peeled
- 1 medium eggplant, cut into 1-inch (2.5 cm) cubes
- 1 each green and yellow zucchini, cut into 1-inch (2.5 cm) pieces
- 1 each red and orange sweet pepper, seeded and cut into 1-inch (2.5 cm) pieces
- ½ red onion, cut into thin wedges
- ¼ cup (50 mL) olive oil
- 2 tbsp (25 mL) balsamic vinegar
- 2 tsp (10 mL) dried herbes de Provence or Italian seasoning
- ½ tsp (2 mL) each salt and black pepper
- 4 boneless, skinless chicken breasts
- 2 cups (500 mL) cherry tomatoes, halved

1. Preheat oven to 400°F (200°C). Squash garlic cloves with flat side of a large knife.
2. In a large, shallow roasting pan, toss garlic, eggplant, zucchini, peppers and onion with 3 tbsp (45 mL) oil, 1 tbsp (15 mL) vinegar, 1 tsp (5 mL) dried herbs and half of salt and pepper. Roast, uncovered, for about 30 minutes, stirring once, until almost tender.
3. Meanwhile, in a large, shallow dish, rub chicken breasts with remaining oil and vinegar, then sprinkle with remaining herbs, salt and pepper. Set aside at room temperature.
4. Stir vegetables in roasting pan, then make four spaces among vegetables and put a chicken breast in each space. Toss tomatoes in marinade remaining in dish used for chicken. Scatter tomatoes over chicken and vegetables in roasting pan. Roast, uncovered, for about 20 minutes or until chicken is no longer pink inside.
5. Using a slotted spoon, divide vegetables among four dinner plates and top each portion with a chicken breast. Spoon any juices remaining in roasting pan over chicken breasts.

PER SERVING: 378 CALORIES, 16.3 G FAT, 374 MG SODIUM, 26 G CARBOHYDRATES, 33.6 G PROTEIN, 6.3 G FIBRE



TABLECLOTH, \$49.99 (ITEM #91086), DOPHES.
PLACE MAT, \$9.99 (ITEM #91210, COLOUR #172), WHOLE HOME.
DUTCH OVEN, \$181.99 (ITEM #38384), DENBY.
 KNIFE, FORK AND SPOON, PART OF 20PC CUTLERY SET, \$79.99 (ITEM #47256), ONEIDA.
 LARGE PLATE, SMALL PLATE AND BOWL, PART OF 16PC SET, \$119.99 (ITEM #39316), GIBSON.
GRATER, \$14.99 (ITEM #13679), MARK MCEWAN.
CUTTING BOARD, \$24.99 (ITEM #43637), NATURAL LIVING.
 SALT AND PEPPER SHAKERS, \$16.99/SET OF 2 (ITEM #22736), TRUDEAU.

All-In-One Pasta Supper

This hearty pasta is the easiest you'll ever make, and there's only one pot to wash! For a vegetarian take, just leave out the chorizo. Both versions are simply dee-lish with Two-Times Tomato Salad (page 43). **MAKES 6 SERVINGS**

- 1 tbsp (15 mL) olive oil
- 4 oz (125 g) cured (ready-cooked) sweet or hot chorizo sausage or kielbasa, cut into ¼-inch (5 mm) cubes
- 1 onion, chopped
- 3 cloves garlic, minced
- 1 tsp (5 mL) sweet smoked or regular paprika
- ¼ tsp (1 mL) each salt and black pepper
- 2 medium yellow-fleshed potatoes (about 12 oz/375 g), scrubbed and cut into ½-inch (1 cm) cubes
- 1 large carrot, cut into ½-inch (1 cm) pieces
- 6 cups (1.5 L) no-salt-added chicken stock
- 4 cups (1 L) large pasta shells
- 1 ½ cups (375 mL) frozen peas
- Freshly grated Parmesan cheese to serve

1. In a large Dutch oven, heat oil over medium heat. Add chorizo and cook, stirring, for 2 to 3 minutes or until browned. 2. Add onion and cook, stirring, for about 5 minutes or until onion is softened but not browned. 3. Stir in garlic, paprika, salt and pepper and cook, stirring, for about 15 seconds or until fragrant. 4. Add potatoes, carrot and 2 cups (500 mL) stock. Bring to a boil over high heat. Reduce heat to medium-low and simmer, covered, for 8 to 10 minutes or until potatoes are almost tender. 5. Add pasta and remaining stock to pot and bring to a boil over high heat. Reduce heat to medium and simmer, uncovered and stirring often, for about 20 minutes or until pasta is tender (it should be cooked a little more than al dente). 6. Stir in peas and simmer for 2 to 3 minutes or until peas are tender. Season with more salt and pepper to taste if necessary. Serve sprinkled with Parmesan cheese.

PER SERVING: 358 CALORIES, 10.5 G FAT, 428 MG SODIUM, 50.6 G CARBOHYDRATES, 14.4 G PROTEIN, 4.4 G FIBRE



RUNNER, \$19.99 (ITEM #94251, COLOUR #03), TAG. **BOWLS**, \$29.99/SET OF 4 (ITEM #43510), NUTCRACKER DESIGN ACACIA. **SERVING SPOONS**, \$9.99 (ITEM #43617), GATHERINGS.

ASIAN SPINACH-MANGO SALAD
 Toss 5 cups (1.2 L) lightly packed baby spinach leaves, 1 cup (250 mL) bean sprouts, 1 peeled, pitted and cubed small mango and 2 sliced green onions with 1/4 cup (50 mL) Asian dressing. Sprinkle with 1/4 cup (50 mL) toasted slivered almonds. Serves 4.

QUICK FIXES

These speedy salads team easy-to-find fixings with ready-made dressings (we like Renée's Gourmet or Newman's Own) to create nutritious sides for any weekday supper.



GREEK POTATO SALAD
 Scrub 1 1/2 lb (750 g) small red-skinned potatoes, cut in half and steam or boil until just tender. Let cool. Toss with 1 cup (250 mL) cubed cucumber, 3/4 cup (175 mL) halved pitted black olives and 1/4 cup (50 mL) each finely chopped red onion, crumbled feta and Greek dressing. Serves 4 to 6.



TWO-TIMES TOMATO SALAD
 Cut 2 large beefsteak tomatoes into wedges. Toss with 12 finely chopped drained, oil-packed sun-dried tomato halves, 1/4 cup (50 mL) balsamic dressing and a pinch of cayenne. Sprinkle with 2 tbsp (25 mL) each finely grated Parmesan cheese and freshly snipped chives. Serves 6.

SERVE IT **with style**

All new to Sears this year, these kitchen additions make meal time even more pleasing



ABOVE: STAINLESS STEEL PAN, PART OF 10 PCSET, \$599.99, (ITEM #11001), RICARDO.
LEFT: ESPRESSO/CAPPUCCINO MAKER, \$699.99, (ITEM #80367), SAECO.
BELOW: BOAT SHAPED BOWL, \$59.99, (ITEM #43616); 12" FORK AND SPOON, \$9.99 EACH, (ITEM #43617); 8" X 4" PLATES, \$19.99 FOR SET OF 4, (ITEM #43618); 16" X 5" TRAY WITH 3 SERVING BOWLS, \$39.99 EACH, (ITEM #43619); BOAT SHAPED TRAY, \$24.99 EACH, (ITEM #43620); DIVIDED TRAY, \$39.99 EACH, (ITEM #43621); ALL GATHERINGS ACACIA WOOD SERVINGWARE.

