

Delicious Dinners

Perfect Polenta



Polenta Pizza (Serves 2)

Ingredients

200g polenta
1 tablespoon red pesto
40g mozzarella (finely chopped)
½ courgette (sliced)
½ red onion (finely sliced)
4 cherry tomatoes (halved)
Handful basil

Equipment

Saucepan, chopping board, knife, frying pan, greaseproof paper, oven

Method

1. Cook the polenta according to the packet instructions
2. Line the frying pan with the greaseproof paper and spread the polenta evenly over the base
3. Spread the courgette, red onion, cherry tomatoes, pesto, mozzarella, basil and tomatoes over the polenta
4. Bake at 220°c for around 10 minutes until golden
5. Serve with a crisp, green salad

Each suggested portion contains

Calories	Fat (g)	Saturates (g)	Sugars (g)	Salt (g)
198	MEDIUM	LOW	LOW	LOW
Kcal	10	2.9	2	1.2

Polenta 'Mash'

(Serves 2 as a side dish)

Ingredients

150g polenta
2 tablespoons grated parmesan
1 handful of sage (chopped)
Black pepper
Zest of 1 lemon
100g spinach

Equipment

Saucepan, wooden spoon, knife, chopping board, grater

Method

1. Cook the polenta according to the packet instructions.
2. The polenta should have a texture similar to mashed potato
3. Stir through the parmesan, sage, pepper, lemon zest and spinach
4. Serve with roast chicken or sausages and oven roasted vegetables drizzled with balsamic vinegar and olive oil

Each suggested portion contains

Calories	Fat (g)	Saturates (g)	Sugars (g)	Salt (g)
358	MEDIUM	LOW	LOW	LOW
Kcal	7.9	3.2	0.7	0.6