

DINNERS FOR TWO

TIRED OF TAKEAWAY MEALS OR PASTA AND SAUCE NIGHT AFTER NIGHT? NOW, YOU CAN MAKE YOUR DINNERS SPECIAL – AND PERFECTLY PORTIONED – IN NO TIME AT ALL.

BY KYLE SHADIX PHOTOGRAPHY BY QUENTIN BACON

Who has time for fussy cooking or recipes with a laundry list of ingredients?

You have a life, and it needs to include realistic options for dinner with your significant other. That usually means ordering in, warming up soup or pasta, or – on those really rushed evenings – having a bowl of cereal each and calling it a night. But while it may seem easier not to bother making a meal for just the both of you, the truth is, serving up delicious homemade fare can be faster than you think. We have exactly what you need here: recipes for two entrees, each with a savoury side dish (one's perfect for hectic weeknights; the other's just right for a more leisurely weekend meal), and a light dessert. Best of all, you won't be eating leftovers for days because these dishes serve just two, not four to six!

CORNISH GAME HEN IN A GARLIC-SHALLOT MARINADE

This dish is easy to prepare, so it's perfect for a simple weekend supper.

Serves 2


Prep time: 15 minutes

Cook time: 45 minutes

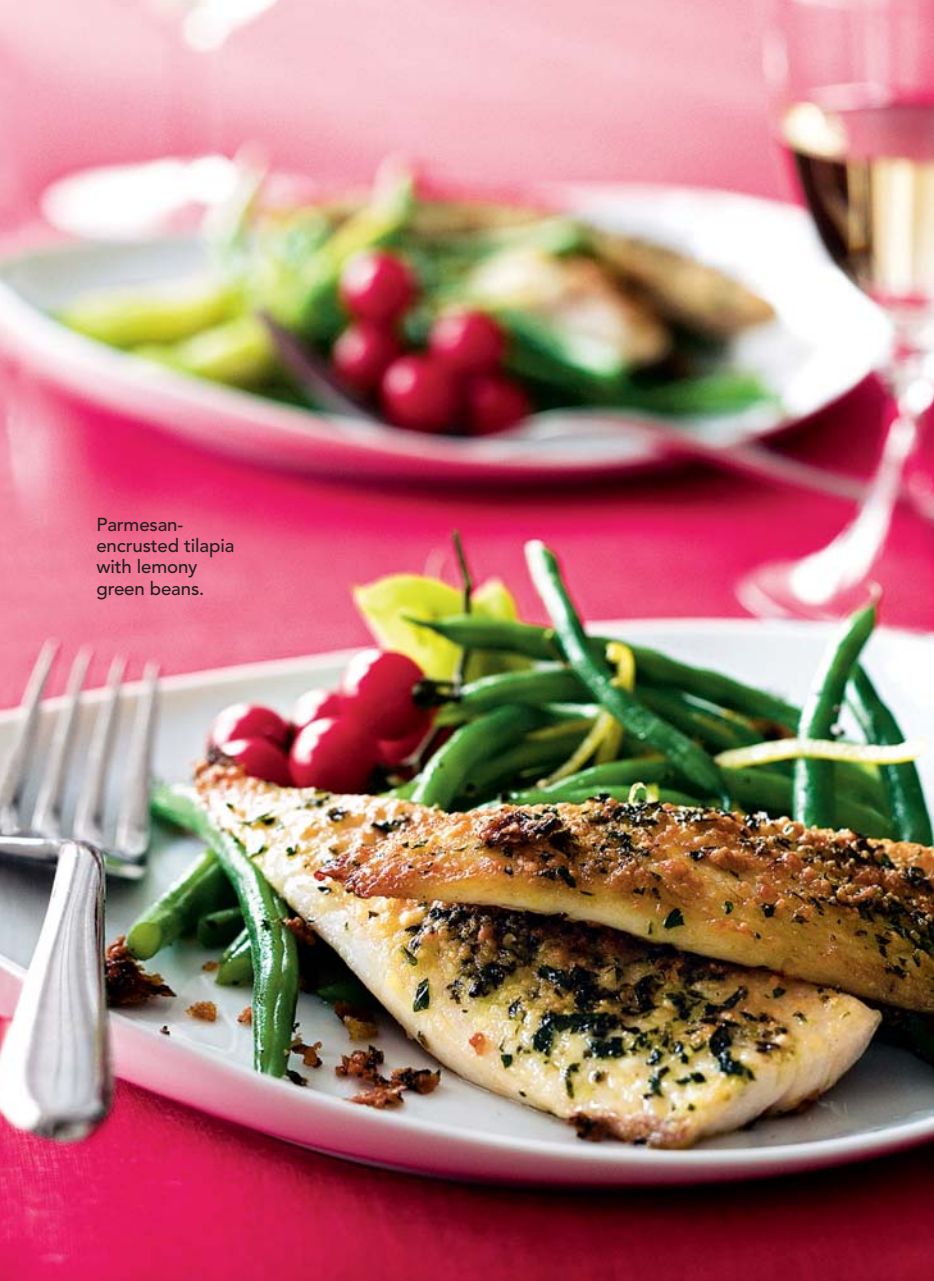
1 2.2kg Cornish game hen
½ cup dry white wine, like Pinot Grigio
3 cloves garlic, minced
2 shallots, minced

To Prepare

- In a bowl just large enough to fit the Cornish game hen, combine white wine, garlic, and shallots. Place the game hen in the bowl with the marinade, cover with aluminum foil or plastic wrap, and chill for at least an hour – or overnight, if you have time.
- When ready to cook, preheat oven to 200 deg C. Remove the hen from the marinade and shake off excess liquid. Reserve marinade. Place the hen (breast side up) in a large ovenproof skillet and roast in the oven until internal temperature reaches 75 deg C, about 45 minutes. Remove the hen from the hot skillet, place on a plate, and cover with foil to keep it warm.
- Place the skillet onto a burner. Pour the marinade into the hot skillet. Bring it to a boil and simmer for 5 minutes to reduce the marinade. Before serving, remove the skin from the hen. Cut the bird in half and spoon the sauce over each piece. Serve with wild rice (for recipe and nutritional information, see page 148).

A roasted Cornish game hen is the centerpiece, served on a bed of wild rice, green beans, and other vegetables. The hen is golden brown and glistening. To the right, a white bowl with red floral patterns contains a yellow soup. The dish is set on a white plate with a red placemat. In the background, there are glasses of water and a red cloth.

Cornish game hen
in a garlic-shallot
marinade is rich in
iron and protein.



Parmesan-encrusted tilapia with lemony green beans.

“THIS SERVING OF TILAPIA SUPPLIES NEARLY ONE-FIFTH OF YOUR DAILY CALCIUM NEEDS.”

PARMESAN-ENCRUSTED TILAPIA WITH LEMONY GREEN BEANS

If you desire, replace beans with broccoli and serve in the same lemon sauce.

Serves 2

Prep time: 10 minutes

Cook time: 10 minutes

For the tilapia

- 4 skinless tilapia fillets (2.2kg total)
- Freshly ground black pepper to taste
- 1 tbsp dried basil
- ¼ cup Parmesan cheese
- 2 tsp olive oil

For the green beans

- 1kg green beans, ends trimmed
- ¼ cup fresh lemon juice
- 2 tsps freshly grated lemon zest
- Freshly ground black pepper to taste
- 1 tbsp olive oil

To prepare:

- Preheat the broiler. Cut the tilapia fillets lengthwise into 2 pieces, then pat dry with a paper towel and season to taste with pepper. In a small bowl, combine basil and Parmesan cheese; set aside. In a large saucepan, bring water for beans to a boil.
- Heat olive oil in a 30cm heavy ovenproof skillet over moderately high heat until hot, but not smoking. Sauté the fish for 3 minutes or until brown. Flip the fillets over and remove the skillet from heat. Dust the tilapia with the cheese mixture. Place the skillet under the broiler to

WILD RICE WITH DRIED CRANBERRIES

Wild rice has a nutty flavour and is pleasantly chewy.

Serves 2

Prep time: 10 minutes

Cook time: 30 minutes

- 1 tsp olive oil
- ¼ cup finely chopped onion
- ¼ cup finely chopped carrot
- ¼ cup finely chopped celery
- 1 garlic clove, minced
- ½ tsp dried thyme
- ¼ cup dried cranberries
- 1 cup low-sodium chicken broth
- ¾ cup wild rice, rinsed under cold water

To prepare:

- Heat a little olive oil in a medium saucepan. Add onions, carrots, celery, and garlic, and sauté until soft. Add thyme, dried cranberries, and broth.
- Add rice to the vegetables and cook according to rice package directions (about 30 minutes). Serve as a side dish with the Cornish game hen.

Nutrition score per serving

(½ hen, 1 ½ cups rice): 465 calories, 7g fat (14 per cent of calories), 2g saturated fat, 57g carbs, 34g protein, 5g fibre, 55mg calcium, 3mg iron, 102mg sodium.

finish cooking the fish, and brown the cheese slightly, about 3 to 4 minutes.

● As the fish cooks, add beans to boiling water. Lower the heat and cook for 5 minutes or until bright green (beans should still be crisp). Drain the beans and run under cold water. Shake off the excess water and set aside.

● Mix lemon juice, lemon zest, pepper, and olive oil in a medium bowl. Add green beans and toss to coat; warm for 30 seconds in the microwave. Divide fish fillets and green beans on 2 plates and serve.

Nutrition score per serving

(230g tilapia, 2 cups beans): 376 calories, 17g fat (41 per cent of calories), 5g saturated fat, 9g carbs, 47g protein, 4g fibre, 182mg calcium, 2mg iron, 317mg sodium.

ORANGE SOUFFLE WITH BLACKBERRY SAUCE

For a special touch, garnish with fresh blackberries when in season.

Serves 2

Prep time: 15 minutes

Cook time: 15 minutes

For the blackberry sauce

⅓ cup blackberry preserves

¼ cup orange juice

For the souffle

Butter for coating pan

2 pinches sugar

1 cup low-fat milk

1 tsp orange juice

Zest of 1 orange

3 egg yolks

4 tbsps sugar, divided

1 tbsp cornstarch

1 tbsp all-purpose flour

4 egg whites

To prepare:

● Preheat oven to 200 deg C.

Combine preserves and orange juice in a small saucepan. Bring to a near

boil and remove from heat; set aside.

● Coat an ovenproof pie plate with softened butter and sprinkle with sugar; set aside.

● In a medium bowl, whisk milk, orange juice, and orange zest with egg yolks. In a separate small bowl, combine 2 tablespoons of sugar, cornstarch, and all-purpose flour. Whisk into milk-egg yolk mixture. Place in a small saucepan and heat over medium heat, stirring constantly until boiling; let it boil for 1 minute.

● With a hand mixer, whip egg whites and remaining 2 tablespoons of sugar until soft peaks form. Fold hot milk-egg yolk mixture into egg whites and spread into prepared pie plate. Bake until the souffle is puffed and golden, about 15 minutes. Serve with blackberry sauce.

Nutrition score per serving

(½ souffle, 3 tbsps sauce): 342 calories, 8g fat (21 per cent of calories), 51g carbs, 16g protein, 0g fibre, 1mg calcium, 2mg iron, 204mg sodium.



Orange souffle with blackberry sauce can also be made with strawberry preserves.