

Tasty, Quick and Healthy

GREAT RECIPE IDEAS FOR FLATS, GROUPS & GATHERINGS

Bacon & Egg Pie

Ingredients

8 Eggs
1/2 cup bacon, chopped
1 spring onion, chopped
1 egg yolk beaten with a tablespoon of water
Salt and pepper to taste
400g block (or sheets) of store bought puff pastry

Method

- 1 A 20.5 x 20.5cm cake pan, or a round 23cm metal pie dish is ideal.
- 2 Preheat oven to 200°C. Roll out two thirds of the pastry on a floured bench to line a shallow greased 23cm pie tin. Scatter over spring onion and half of the bacon, break in the eggs and season, then scatter on the remaining bacon.
- 3 Roll out the remaining pastry to make a lid. Crimp the pastry edges together with your fingers and trim off any excess.
- 4 Cut four small vents in the pastry lid with a sharp knife. Brush with beaten egg mix and bake 35 - 40 minutes until rich golden brown and crispy. Serve warm - or cold.



Serves 4-6

Classic Scrambled

Ingredients

4 Eggs
1/2 cup milk
1 Pinch salt
1 Pinch freshly ground black pepper
1 tablespoon butter

Method

- 1 Beat the eggs, milk, salt and pepper together in a bowl.
- 2 Melt the butter in a frypan. Pour in the egg mixture.
- 3 Cook over a low heat. Lift and turn the mixture with a spoon, keeping it in large soft masses.
- 4 When set, serve on hot toast and garnish with chopped fresh parsley or herbs, to your taste.
- 5 For a delicious variation arrange 200g of smoked salmon pieces on top of the scrambled eggs as the mixture begins to set.
- 6 Alternatively, sprinkle 2 tablespoons of roughly chopped, roasted pinenuts over the scrambled eggs as the mixture begins to set.



Hash Brown Potato Cake

Ingredients

6 eggs
1/4 cup milk
400g frozen hash browns
1/2 red onion, chopped
1/2 red capsicum, chopped
400g can sweetcorn kernels, drained
100g ham pieces
Salt and pepper

Method

- 1 Break hash browns into pieces and place in a medium non stick frying pan. Cook until the pieces are turning golden brown on both sides.
- 2 While they are cooking chop and add the onion, capsicum, ham and corn. Continue cooking until the vegetables are turning light golden.
- 3 Whisk together the eggs, milk, salt and pepper. Pour egg mixture into the pan and cook gently, tilting the pan so the uncooked egg runs to the edges.
- 4 When the egg is set around the edges and beginning to firm in the middle, place the pan under the grill to finish cooking. parsley or herbs, to your taste.



Shakshouka - Eggs poached in tomato sauce

Ingredients

1 tin of whole or chopped tomatoes
2 red or yellow capsicum, diced
2 medium onion
1 1/2 clove garlic, crushed
A little chilli to taste
1 teaspoon Cumin
8-10 eggs
Crusty bread, Turkish bread or toast to serve

Method

- 1 Fry the onion in the pan. Once the onion has softened add the chilli and garlic and fry gently for 3 minutes. Add the cumin, allow to cook for about 1 minute so that the cumin releases its aroma. Add the tomatoes and cook for about 5 minutes. Add the capsicum.
- 2 Now it's time to add the eggs. Make sure the mixture in the pan is moist enough to poach eggs. If not, simply add some water. Then crack the eggs into the pan and cook covered on a low heat until the eggs are cooked to your liking.
- 3 Serve on warm bread



Serves 5-6

Potato, Egg & Crispy Bacon Salad

Ingredients

1 kilogram Jersey Benne or other small waxy potatoes, scrubbed
6 eggs
6 rashers streaky bacon
1 tsp Pesto
1/2 cup roasted almonds
small handful of flat-leaf parsley & rocket
1 clove garlic, crushed
1/2 cup freshly grated Parmesan cheese
1/2 cup olive oil
1 squeeze of lemon juice
sea salt and freshly ground pepper

Method

- 1 Pesto: Put the almonds, herbs, garlic and Parmesan in a food processor and roughly chop. Add the oil and lemon juice and pulse to make a coarse paste. Season and tip into a large bowl.
- 2 Cook the potatoes in boiling salted water until tender but not falling apart. Drain well. Combine with the pesto. The potatoes will absorb more flavour if dressed when warm.
- 3 Place the eggs in a saucepan of cold water and bring to the boil. Cook for 4 minutes.
- 4 Drain and cool under cold running water then carefully peel.
- 5 Cook the bacon in a hot sauté pan until crisp. Drain on kitchen towels.
- 6 To serve: Put the potatoes on a serving platter. Break the eggs in half and place over the top. Scrape out any dressing left in the bowl and spoon over the eggs. Crumble over the bacon.



Serves 6

Egg Stuffed Baked Potatoes

Ingredients

6 large potatoes suitable for baking
4 rashers of bacon, chopped
6 eggs
100mls cream
1/2 cup of grated cheese
1 large onion finely chopped
salt & pepper
a little oil
fresh or dried parsley (chopped if fresh)

Method

- 1 Heat your oven to 180°C. Brush the potatoes with oil and prick a few holes in them with a fork. Cook for about 1 hour or until tender. Cut a lid off and scoop out the cooked potato.
- 2 Fry the bacon and onion in a pan until cooked. Whisk the eggs together with the cream and then add the cheese, cooked bacon and onion. Season with salt and pepper and add the chopped parsley. Fill the potatoes with the egg mixture.
- 3 Return to the oven and cook for about 20 minutes or until the egg has set.
- 4 Serve hot or cold



Serves 6

Easy Carbonara

Ingredients

Spaghetti or other pasta - enough for the number of people you are serving
8 eggs
5 egg yolks
1 cup freshly grated parmesan
1 tsp salt
3-4 rashers of rindless bacon
Freshly ground black pepper

Method

- 1 Cook pasta in plenty of hot salted water. While pasta cooks, combine eggs in a bowl and cook bacon in a deep pan.
- 2 When pasta is cooked, drain and return to the pan with the cooked bacon in it. Remove from the heat.
- 3 Pour the egg mixture over the pasta and gently stir to combine. Finish with a generous grind of black pepper. Leave to stand for 1 min.
- 4 Serve with grated parmesan and a sprinkle of parsley on top.
- 5 Optional - add in herbs, garlic, peas, onion to create your favorite carbonara flavours.



Serves 5-6

Bacon & Egg Pizza

Ingredients

1 pizza base
4 Tbsp tomato paste or pizza paste
2 Tbsp olive oil
2 cloves garlic
200g rindless bacon cut into smaller pieces
250g mozzarella cheese - grated
6 eggs
Salt and freshly ground black pepper
2 x spring onions - chopped finely
Fresh parsley

Method

- 1 Preheat the oven to 220°C. Line a baking sheet with baking paper then spread the chopped bacon out in a single layer. Cook in the oven for 5-6 minutes until just starting to crisp.
- 2 Mix the tomato paste, oil and garlic in a small bowl, stir well to combine. Place pizza bases on an oven tray lined with baking paper. Spread the base thinly with the paste, oil and garlic mix. NB keep the pizza edges clear of any paste and toppings for best results.
- 3 Sprinkle the grated cheese over the base evenly, then break 4 eggs into each pizza (the bacon and cheese will help to hold the eggs in place).
- 4 Bake for 15 - 20 minutes or until the eggs are cooked and the bacon is crispy - not burnt, and the pizza crust is golden brown.
- 5 Sprinkle with the chopped parsley and spring onions, salt and some freshly ground pepper to serve.



Serves 2