

Tasty, Quick and Healthy

NEW MEAL IDEAS FOR LARGE GROUPS & FAMILIES

Potato, Egg and Crispy Bacon Salad

Ingredients

1kg Jersey Benne or other small waxy potatoes, scrubbed
6 eggs
6 rashers streaky bacon
1 tsp pesto*
1/2 cup roasted almonds, roughly chopped
a small handful each of flat-leaf parsley and 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.
- 2 Add the oil and lemon juice and pulse to make a coarse paste.
- 3 Season and tip into a large bowl. *(Alternatively you can substitute store-bought pesto).
- 4 Cook the potatoes in boiling salted water until tender but not falling apart. Drain well.
- 5 When cool enough to handle peel if desired and cut into large pieces.
- 6 Combine with the pesto.
- 7 The potatoes will absorb more flavour if dressed when warm.
- 8 Place the eggs in a saucepan of cold water and bring to the boil. Cook for 4 minutes.
- 9 Drain and cool under cold running water then carefully peel.
- 10 Cook the bacon in a hot sauté pan until crisp. Drain on kitchen towels.



Serves 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.

Kedgeree - Kiwi Style

Ingredients

8 eggs
350g long grain rice
700 ml hot water
2 medium size onions, chopped
2 cloves of garlic, crushed or finely sliced
2 teaspoon(s) curry powder
350g smoked fish
1 handful(s) fresh coriander or parsley
1 cup(s) natural yoghurt
2 tablespoon(s) oil for frying
salt & pepper to taste

Method

- 1 Hard boil the eggs.
- 2 While the eggs are cooking fry the onion until cooked in a large sauté pan or similar. Add the garlic and curry powder and fry gently for 3 minutes.
- 3 Add the rice and stir to coat the rice in the onion, garlic and curry powder mixture.
- 4 Once the rice is well coated add the hot water, bring to the boil with a lid on the pan. Simmer for 10 minutes.
- 5 Remove from heat and leave covered for a further 10 minutes - don't lift the lid!
- 6 Once the rice is cooked flake the smoked fish into it, use a fork to combine. Top with eggs and chopped herbs.



Serves 4-6

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 23cm round 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

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 and discard.
- 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

Kumara, Spinach and Bacon Frittata

Ingredients

1 medium size kumara (about 500g) cooked and cut into cubes
4 rashers of bacon, chopped
1 medium size onion finely chopped
2 big handfuls of fresh spinach, chopped or 1 packet of frozen spinach
8 eggs
3/4 cup grated tasty cheese
1 teaspoon dried mixed herbs or a small handful of fresh herbs
a little oil for frying
salt and pepper to taste

Method

- 1 In a 26cm frying pan or similar fry the bacon and onion until cooked.
- 2 Add the cooked kumara and chopped spinach. If your using frozen spinach allow it to thaw and then squeeze the moisture out of it in a clean tea towel or between your hands.
- 3 Whisk the eggs together and season with salt and pepper. Add herbs to the egg mixture.
- 4 Heat grill to medium or oven to 170°C. Pour the egg mixture over the bacon and vegetables in the pan and stir to mix evenly.
- 5 Allow to cook for about 1 minute then add half the cheese and stir again gently to allow the runny egg to flow onto the bottom of the pan.
- 6 Sprinkle remaining cheese on to the top of the frittata and finish cooking under the grill (or in the oven).
- 7 You'll need to use an oven proof pan or small casserole dish if you want to cook this in the oven.



Serves 4-6

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

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

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