

# Tasty, Quick and Healthy

## RECIPES AND MEAL IDEAS FOR 1 – 2 PEOPLE

### 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.



Serves 2

### Perfect Poached Eggs

#### Ingredients

- 2 eggs per person
- 2 Tbsp white vinegar
- 1 Toasted bread or English muffin to serve

#### Method

- 1 Fill a large shallow frying pan with water 3 - 4 cm deep and heat to a rolling boil.
- 2 Add vinegar.
- 3 Break an egg into a small cup and reduce to a low heat.
- 4 Gently pour the egg into the water and repeat with additional eggs.
- 5 Cook gently for 3 - 5 minutes, until cooked to your liking, or when the yolk is set and the white is almost firm.
- 6 Lift the eggs out using a slotted spoon or fish slice and drain.
- 7 You can pat the spoon on top of a paper towel or tea towel to help this process.



Serves 1

### 40 Second Omelette

#### Ingredients

- 2 x Grade 7 eggs
- 2 Tbsp of water
- Salt and pepper
- Tbsp butter or margarine
- 1/2 cup filling of your choice

#### Method

- 1 Beat eggs and water together until blended, adding salt and pepper to taste.
- 2 In a 26cm non stick pan, heat butter or margarine until it sizzles - but not burnt.
- 3 Pour in egg mixture.
- 4 With an inverted spatula, pull the cooked portions of egg from the perimeter of the pan to the centre so any uncooked egg can run into the cleared hot pan surface. Do this until the egg is set and will not flow. Don't cook it until it's dry! The moist egg will finish cooking when the omelette is folded over.
- 5 Sprinkle all of the filling on the left side of the egg



Serves 1

### Caesar Salad

#### Ingredients

- 1 head romaine lettuce
- 180 ml extra virgin olive oil
- 45 ml red wine vinegar
- 5 ml Worcestershire sauce
- 3g salt, 2g ground mustard
- 1 clove crushed garlic
- 2 Size 7 eggs
- 1 lemon, juiced
- freshly ground black pepper
- 20g grated Parmesan cheese
- 170g garlic croutons
- 45g anchovy filets
- 2 small tomatoes (optional)

#### Method

- 1 Clean lettuce thoroughly and refrigerate until crisp.
- 2 Combine oil, vinegar, Worcestershire sauce, salt, mustard, garlic and lemon juice. Whisk until well blended.
- 3 Coddle egg by heating 3 cups of water to boiling. Drop in egg (still in shell) and let stand for 1 minute.
- 4 Once cooled crack open and whisk egg into dressing until thoroughly blended.
- 5 Mash desired amount of anchovies and whisk them into the dressing.
- 6 To assemble, place torn lettuce leaves into a large bowl. Pour dressing over the top and toss lightly. Add the grated cheese, croutons, tomatoes, and freshly ground pepper. Toss lightly. Serve immediately.



Serves 1-2

## Easy Carbonara

### Ingredients

Spaghetti or other pasta - enough for the number of people you are serving  
2 eggs  
1 egg yolks  
1/2 cup freshly grated parmesan  
1 tsp salt  
1-2 rashers of rindless bacon  
Freshly ground black pepper

### Method

- 1 Cook pasta in plenty of hot salted water.
- 2 While pasta cooks, combine eggs in a bowl
- 3 Cook bacon in a deep pan.
- 4 When pasta is cooked, drain and return to the pan with the cooked bacon in it.
- 5 Remove from the heat.
- 6 Pour the egg mixture over the pasta and gently stir to combine.
- 7 Finish with a generous grind of black pepper.
- 8 Leave to stand for 1 min.
- 9 Serve with grated parmesan and a sprinkle of parsley on top.



Serves 1

## Mini Bacon & Egg Pies

### Ingredients

12 Size 7 Eggs + 1 extra egg to wash the pastry  
1kg puff pastry sheets (shortcrust works well too)  
150g of bacon, chopped  
Salt and pepper to taste  
1/2 tsp Oil or butter to grease the muffin tray

### Method

- 1 Heat oven to 200° C. Line the individual muffin tray cups with pastry.
- 2 Sprinkle half of the bacon onto pastry in the tray.
- 3 Crack 1 egg directly into each pie or beat the eggs together in a jug and divide the mixture evenly between the pies.
- 4 Sprinkle the remaining bacon on top of the egg.
- 5 Cut rings of pastry to go on top, and brush with egg wash.
- 6 Prick a few holes in the lid.
- 7 Bake in the middle of the oven for 25 mins or until cooked.

**Notes:** You can make these individual pies any size you like to suit your muffin tray. Cooking time may vary depending on the size of your pies. Add a little spring onion, peas or cheese into the eggs mix to suit your own taste.



Serves 12

## Nicoise Salad

### Ingredients

4 eggs  
425g tuna (1 medium can – chunky style) drained  
15 fresh thin green beans, boiled briefly – then cooled in ice cold water  
12 cherry tomatoes  
1 small head of green lettuce  
1 spring onion – sliced  
75 grams pitted black olives – sliced  
1 medium red capsicum – seeded and sliced  
1 small cucumber – sliced thinly

### Method

- 1 Boil the eggs in a pot for 5-6 mins. Let cool and then peel and slice in halves or quarters
- 2 Lay the lettuce in a large salad bowl (or divide among smaller individual bowls for single servings).
- 3 Add the cooked beans, tuna, spring onion, capsicum, cucumber, olives and tomatoes.
- 4 Top the salad with the boiled eggs.
- 5 Pour the dressing over the salad to taste to serve (use as much or as little as you like).

### Dressing

The easiest way to make a salad dressing is to put all the ingredients in a clean jam jar, put the lid on and shake vigorously for 5-10 seconds until all ingredients are mixed well. Pour the dressing over the salad to taste (use as much or as little as you like).

### For the dressing

7 tbsp olive oil  
3 tbsp lemon juice or wine vinegar  
1/2 tsp French mustard  
1 garlic clove peeled and crushed  
1/2 tsp salt  
1/2 tsp black pepper



Serves 2

## Easy Mini Frittatas

### Ingredients

1 Tbsp butter  
1 Onion, chopped  
1 Clove garlic, crushed  
2 slices ham, chopped  
1/2 fresh red chilli, finely chopped  
1 Red capsicum, finely chopped  
2 spring onions, chopped  
1/2 cup fresh parsley, finely chopped  
4 Eggs  
3/4 cup of milk  
30g Tasty or cheddar cheese, grated

### Method

- 1 Heat oven to 180°C.
- 2 Melt butter in a large frying pan and cook onion, garlic, ham, chilli, red capsicum and spring onions over a medium heat for 3-4 minutes or until onion is soft.
- 3 Stir in parsley, remove pan from heat and set aside to cool for 10 minutes.
- 4 Place eggs, milk and cheese in a bowl and mix to combine.
- 5 Stir in ham mixture.
- 6 Divide mixture between lightly greased flan dishes and bake for 20-25 minutes or until set.
- 7 Freeze leftover frittatas individually



Serves 2-4