



Thrifty & wholesome recipes to try at home

Eggs, Spinach, Bread – Spiced egg toasts (serves 2)

Source: Nigel Slater

Ingredients:

- ◆ 200g Spinach, washed
- ◆ 1 tsp curry powder
- ◆ 1tsp turmeric
- ◆ ½ tsp cumin
- ◆ 1 tsp dried chili flakes
- ◆ 4 eggs
- ◆ 4 thick slices ciabatta
- ◆ 40g butter

Method:

1. Place washed spinach, still very wet, into saucepan with tight fitting lid. Steam over a high heat, turning it from time to time for 3-5 minutes until the leaves have wilted. Drain, squeeze out excess water and slice.
2. Put curry powder, turmeric, cumin and chili flakes in a dry shallow pan and toast over a moderate heat for 1-2 minutes until fragrant. Tip them into a medium sized bowl. Add the eggs, ½ tsp salt, spinach leaves, and beat lightly to combine all the ingredients.
3. Dunk the slices of bread in the egg mixture, making sure they are well saturated. Melt butter in a shallow non-stick pan. As the butter warms, lower the bread into the pan, moderating the heat so it browns lightly on the base but making sure the butter doesn't burn – a matter of 3-4 minutes. Turn with a palette knife and brown the other side. Drain lightly on kitchen paper before eating.

Speedy biryani (serves 2)

Source: The Lets cook project

Ingredients:

- 200g basmati rice
- 1 15ml spoon oil
- 2 chicken breast fillets (approx 260g), diced
- Small bunch coriander
- 1 medium red onion, finely chopped
- 100g French bean,
- 4 x 15ml spoons Balti curry paste
- 130ml water
- 4 tomatoes, cut into quarters
- 2 hard boiled eggs, peeled and quartered

Method:

1. Cook rice according to packet
2. Prepare veg.
3. Heat oil in large saucepan, add chicken, half coriander and all the curry paste. Cook for 5 minutes stirring all the time.
4. Add red onion, French beans and cook for a further 3 min. Keep stirring.
5. Add the tomato quarters and the water gradually, you may not need it all. Add the cooked rice. Mix well, cover and simmer for 2-3 minutes. Add more water if too dry.
6. Spoon biryani into a serving dish and garnish with remaining coriander & egg