

# Scrambled egg omelette

JUICY TOMATOES, FRESH BASIL & CREAMY MOZZARELLA

**SERVES 2**

**COOKS IN 10 MINUTES**

**DIFFICULTY NOT TOO TRICKY**

## *Ingredients*

- 350 g ripe mixed-colour tomatoes
- ½ a bunch of fresh basil (15g)
- ½-1 fresh red chilli
- ½ x 125 g ball of mozzarella
- 4 large free-range eggs



## *Method*

Finely slice the tomatoes, arrange over a sharing platter, then dress with a little extra virgin olive oil, red wine vinegar, sea salt and black pepper. Pick most of the basil leaves into a pestle and mortar, pound with a pinch of salt into a paste, then muddle in 1 tablespoon of extra virgin olive oil to make a basil oil.

Finely slice the chilli. Finely chop the mozzarella. Place a 26cm non-stick frying pan on a medium heat with ½ a tablespoon of olive oil. Beat and pour in the eggs, then stir regularly with a rubber spatula, moving the eggs gently around the pan. When they're lightly scrambled but still loose, stop stirring and scatter the mozzarella in the centre, then drizzle over the basil oil. Let the bottom of the eggs set for 1 minute, then – technique time – pick up the pan, tilt it down and, with your other hand, keep tapping your wrist until it shakes the eggs up the side of the pan; use the spatula to flip it back to the middle, then fold the top half back over, too. Turn it upside down on to the tomato platter, set side up.

Slice down the centre to reveal the oozy scrambled eggs in the middle. Scatter over the chilli (as much as you dare!) and remaining basil leaves, and tuck on in.

# Easy sausage carbonara

FRESH PARSLEY & PARMESAN CHEESE

**SERVES 2**

**COOKS IN 15 MINUTES**

**DIFFICULTY NOT TOO TRICKY**

## *Ingredients*

- 150 g dried tagiatelle
- 3 higher-welfare sausages
- ½ a bunch of fresh flat-leaf parsley (15g)
- 1 large free-range egg
- 30 g Parmesan cheese



## *Method*

Cook the pasta in a pan of boiling salted water according to the packet instructions, then drain, reserving a mugful of cooking water. Meanwhile, squeeze the sausage meat out of the skins, then, with wet hands, quickly shape into 18 even-sized balls. Roll and coat them in black pepper, then cook in a non-stick frying pan on a medium heat with ½ a tablespoon of olive oil until golden and cooked through, tossing regularly, then turn the heat off.

Finely chop the parsley, stalks and all, beat it with the egg and a splash of pasta cooking water, then finely grate and mix in most of the Parmesan.

Toss the drained pasta into the sausage pan, pour in the egg mixture, and toss for 1 minute off the heat (the egg will gently cook in the residual heat). Loosen with a good splash of reserved cooking water, season to perfection with sea salt and pepper, and finely grate over the remaining Parmesan.

# Crab & fennel spaghetti

WITH CHERRY TOMATOES & A KICK OF FRESH CHILLI

**SERVES 2**

**COOKS IN 18 MINUTES**

**DIFFICULTY NOT TOO TRICKY**

## *Ingredients*

1 bulb of fennel

150 g dried spaghetti

1 fresh red chilli

160 g ripe mixed-colour cherry tomatoes

160 g mixed brown & white crabmeat , from sustainable sources



## *Method*

Put a large non-stick frying pan on a medium-low heat. Trim the fennel, pick and reserve any leafy tops, then halve the bulb and finely slice it. Place in the pan with 1 tablespoon of olive oil and cook with the lid on for 5 minutes. Meanwhile, cook the pasta in a pan of boiling salted water according to the packet instructions, then drain, reserving a mugful of cooking water.

Deseed and finely slice the chilli, stir into the fennel pan and cook uncovered until soft and sticky, stirring occasionally. Halve the tomatoes and toss into the pan for 2 minutes, followed by the crabmeat and, 1 minute later, the drained pasta. Loosen with a splash of reserved cooking water, if needed, then season to perfection with sea salt and black pepper, sprinkle over any reserved fennel tops and drizzle with 1 teaspoon of extra virgin olive oil. Enjoy.

# Speedy steamed pudding pots

WITH MARMALADE SYRUP

**SERVES 6**

**COOKS IN 17 MINUTES**

**DIFFICULTY NOT TOO TRICKY**

## *Ingredients*

375 g chunky marmalade  
150 ml single cream , plus extra to serve  
2 large free-range eggs  
100 g self-raising flour  
150 g ground almonds



## *Method*

Grease six heatproof teacups with a little olive oil. In a large bowl, whisk 100ml of olive oil and 2 tablespoons of marmalade with the cream and eggs. Add the flour, almonds and a pinch of sea salt, and whisk again to combine. Place the remaining marmalade in a small pan with a splash of water and simmer on a medium-high heat until thick and syrupy, then remove.

Divide the pudding mixture between the teacups, then microwave in pairs or 2½ to 3 minutes on high, or until puffed up. Turn out, drizzle with the marmalade syrup, and serve with a little extra cream, if you like.