



POTATO & CHORIZO BREAKFAST HASH

INGREDIENTS

- 1 large onion
- 1 clove of garlic
- 120 g quality chorizo
- 2-3 cooked potatoes
- 1/2 bunch of fresh flat-leaf parsley
- olive oil
- 2 large free-range eggs

METHOD

Preheat the oven to 180°C/gas 4.

Peel and finely chop the onion and garlic, chop the chorizo, dice up the cooked potato and pick and finely chop the parsley.

Gently fry the onion and garlic in a little oil in an ovenproof pan until the onion is soft. Add the chorizo and fry for 2 to 3 minutes.

Add the potatoes and cook for 5 minutes more, then crack the eggs on top.

Transfer the pan to the preheated oven and bake for 8 minutes, or until the egg white is set but the yolk is still runny.

Sprinkle with sea salt, black pepper and the parsley, to serve.



BOMBAY OMELETTE

INGREDIENTS

- 1 shallot
- 2 small vine tomatoes
- ½ a bunch of fresh coriander
- 1 green chilli
- 4 large free-range eggs
- ½ teaspoon ground turmeric
- ½ teaspoon garam masala
- ½ teaspoon ground cumin
- 50g baby spinach leaves
- ½ a lemon
- 2 knobs of butter

METHOD

Peel and finely chop the onion. Halve the tomatoes, then finely chop the flesh.

Finely chop the coriander stalks and leaves. Halve the chilli, deseed and finely slice.

Whisk the eggs together until well combined, then season generously and whisk in the onion, tomatoes, coriander, chilli, turmeric, garam masala and cumin.

Put the spinach leaves into a bowl, squeeze just enough lemon to coat, toss together, then leave to one side.

Melt half the butter in a medium non-stick frying pan over a medium heat and ladle in half the omelette mixture. Swirl the eggs around for 2 minutes, pushing them to the middle and tilting the pan so that all the mixture has a chance to set.

Leave it for a minute, then slip the omelette on to your serving plate. Top with half the dressed spinach and fold the omelette in half.

Serve straight away, and repeat with the remaining butter, omelette mix and spinach.



GREEN FRENCH TOAST WITH HONEY DRIZZLE

INGREDIENTS

4 medium free-range eggs

90ml whole milk

Handful each fresh flatleaf parsley and dill, finely chopped

4 spring onions, finely chopped

4 medium slices Greek sesame bread or crusty white bread

1 tbsp olive oil

Ground cinnamon for dusting

Honey for drizzling (Greek thyme honey if you can)

Greek yogurt to serve

METHOD

Beat together the eggs and milk in a shallow bowl. Stir in the chopped herbs and spring onions. Season lightly with salt and pepper.

Soak one or two slices of bread (depending on the size of your pan) in the beaten egg mixture for 2-3 minutes, turning the bread over to cover both sides. Don't leave it too long or it will get soggy and fall apart.

Meanwhile, heat the olive oil in a large non-stick frying pan over a low-medium heat. When hot, add the soaked bread, 1-2 slices at a time, and cook for 2-3 minutes until crisp and golden brown underneath. Turn over and cook for another 2-3 minutes on the other side. Keep warm while you cook the remaining bread.

Serve the toast lightly dusted with cinnamon and drizzled with honey, with a large spoonful of yogurt alongside.



SPICY BAKED EGGS WITH TOMATOES & CHICKPEAS

INGREDIENTS

- 3 tbsp extra-virgin olive oil
- 2 garlic cloves, finely chopped
- 2 fresh thyme sprigs, leaves stripped
- 210g tin chickpeas, drained and rinsed
- 2 tsp harissa paste
- 100g young leaf spinach
- 200g passata or tinned chopped tomatoes
- 1 tsp chilli flakes
- 2 medium free-range eggs

METHOD

Heat the grill to medium. Heat 2 tbsp of the oil in a large ovenproof frying pan over a medium heat, then add the garlic and thyme and cook for 3-4 minutes until the garlic has softened but not browned.

Add the chickpeas and harissa paste and cook for 2 minutes, then stir in the spinach, passata or chopped tomatoes and chilli flakes and bring to a simmer. Once the mixture starts to simmer, carefully crack the eggs over it so they sit neatly on top.

Simmer for 2 minutes, then transfer the pan to the hot grill and cook for 2-3 minutes until the egg whites are cooked but the yolks are still runny (keep an eye on it to make sure the eggs don't overcook).

Remove the pan from the grill, drizzle the top with the remaining olive oil, sprinkle with the sumac and season with salt and pepper.



STRAWBERRY & RICOTTA BRUSCHETTA

INGREDIENTS

12 1/2-inch-thick baguette slices
1 Tbs. extra-virgin olive oil
3/4 cup chopped strawberries
2 tsp. chopped fresh mint
1-1/2 tsp. balsamic vinegar
3/4 cup whole-milk ricotta
1 Tbs. honey
Fine sea salt

METHOD

Position a rack about 4 inches from the broiler and heat the broiler on high. Put the baguette slices on a baking sheet and brush with 1 Tbs. extra-virgin olive oil. Broil just the oiled side until lightly toasted, about 1 minute.

In a medium bowl, toss the strawberries with the vinegar and mint.

In a small bowl, combine the ricotta with the honey and 1/4 tsp. salt. Spread the ricotta mixture on the toasted side of each slice of baguette and top with the strawberry mixture.



POSH BEANS ON TOAST

INGREDIENTS

2 spring onions
4 ripe cherry tomatoes, mixed colours if possible
extra virgin olive oil
1 lemon
1 large bunch of fresh mint
250 g frozen broad beans
150 g frozen peas
4 slices of sourdough
1 clove of garlic
2 sprigs of fresh rosemary
40 g feta cheese

METHOD

To make the dressing, trim and finely slice the spring onions, then place the green pieces in a large bowl. Quarter and add the tomatoes along with 6 tablespoons of oil, the zest from half the lemon and most of the juice. Season, then set the dressing aside. Squeeze the remaining lemon juice over the white part of the onions and set aside.

Pick and set aside the mint leaves, then tie the stalks together with string. Place the

stalks and broad beans into a pan of boiling salted water, then blanch for around 2 minutes. Using a slotted spoon, transfer the broad beans to a bowl, discarding the mint stalks. Add the peas to the boiling water and blanch for 2 minutes.

Meanwhile, pod any larger broad beans and add to the dressing, then drain and add the peas. Finely slice and add most of the mint leaves, then toss everything well to coat.

Toast the sourdough in a griddle pan over a high heat. Halve the garlic and rub the cut side onto one side of the griddled bread, then rub over the rosemary. Sprinkle with a little salt and drizzle over some oil.

Pile the peas and broad beans onto the dressed side of your toast. Sprinkle over the white spring onion and the reserved mint leaves, then grate the remaining lemon zest on top. Use a speed-peeler to shave the feta over the top, then serve.