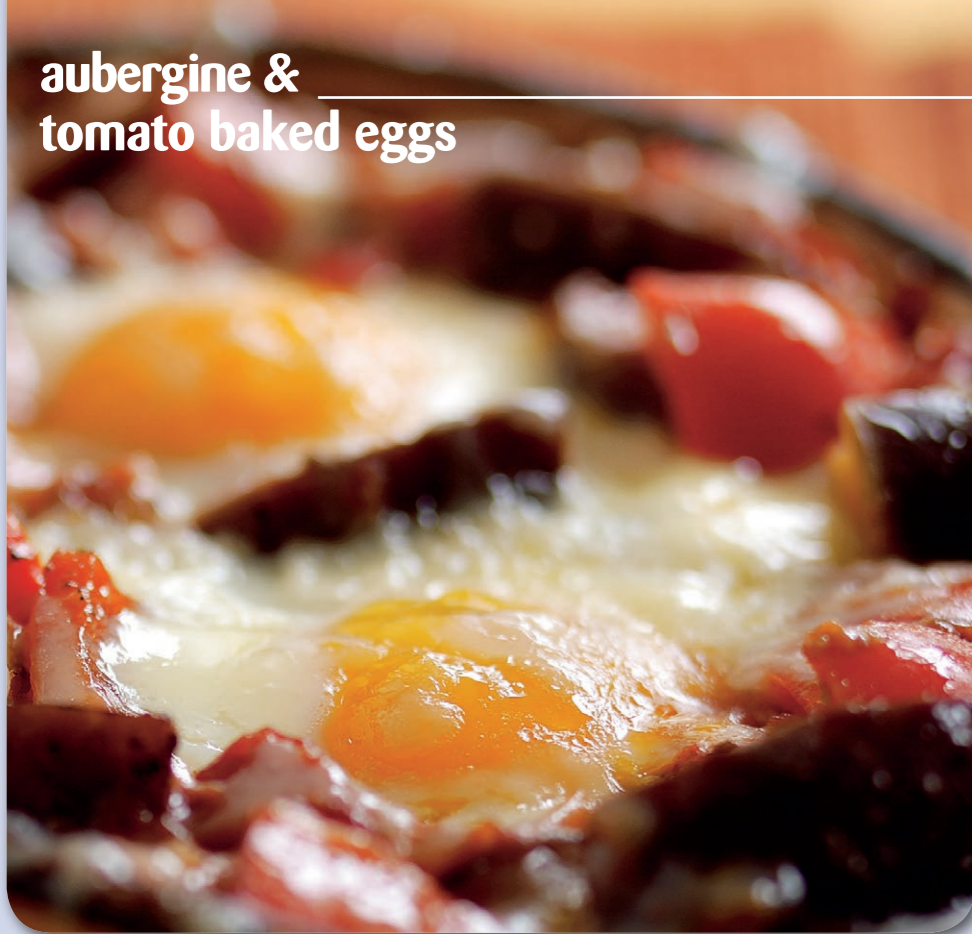


aubergine & tomato baked eggs



Preparation: 10 mins

Cooking: 35-40 mins

Serves 4

1 aubergine, washed and trimmed
1 red pepper, deseeded and diced
1 red onion, sliced
1 clove garlic, crushed
30ml/2 tbsp olive oil
1 (400g) can chopped tomatoes
30ml/2 tbsp pesto sauce
4 large British Lion eggs
Salt and ground black pepper
50g/2oz Cheddar cheese, grated

1. Preheat the oven to 200°C/Fan 180°C/400°F/ Gas Mark 6. Cut the aubergine and peppers into even sized chunks and place in an ovenproof dish. Add the onion, garlic, oil and seasoning and toss to mix. Bake for 20 mins.

2. Remove the dish from the oven and stir in the tomatoes and pesto. Divide the mixture between four individual dishes, two medium dishes or leave it in the large ovenproof dish. Make four hollows in the vegetable mixture, then crack an egg into each. Sprinkle over the cheese and cover the dish with foil. Bake for 15-20 mins or until the eggs are cooked to your liking. Serve with crusty bread.

Everyone's feeling the pinch, but the good news is that creating fresh, healthy meals in minutes is still possible - even on the tightest budget.

With two eggs still costing around 50p, you can make something quick, healthy and tasty for under £1 per head. That's what we call eggonomical.

The recipes in this leaflet use cheap, everyday items found in your fridge to create inexpensive meals for the whole family. From sweet potato and pepper bake to vegetable biryani, there's a recipe to satisfy the pickiest palates.

And there are more reasons to enjoy eggs every day - they are one of the best sources of high quality protein on supermarket shelves and contain a range of essential nutrients such as vitamin A, vitamin D, vitamin B2 (riboflavin), vitamin B12, folate, iodine and selenium. A medium egg contains around 80 calories.

More good news is that previous limits on egg consumption have been lifted as health experts have confirmed that for most people they have a negligible effect on blood cholesterol.

look for the lion

Look for the Lion on eggs to guarantee the highest standards of food safety. All Lion Quality eggs come from British hens vaccinated against salmonella and are date-stamped for freshness.



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cracking meals for under £1



sweet potato & pepper bake



Preparation: 10 mins

Cooking: 40 mins

Serves 4

450g/1lb sweet potatoes, peeled

1 red onion, cut into wedges

1 red pepper, deseeded and cut into chunks

30ml/2 tbsp olive oil

Salt and freshly ground black pepper

6 large British Lion eggs

50g/2oz Cheddar cheese, grated

1. Preheat the oven to 200°C/Fan 180°C/400°F/Gas Mark 6. Cut the potatoes into evenly sized wedges. Place in a large ovenproof dish, drizzle over the oil, season with salt and pepper, then toss to mix. Bake in the oven for 10 mins. Stir in the peppers and onions and bake for a further 15 mins until all the vegetables are tender and lightly charred.

2. Beat the eggs with a little seasoning then pour over the vegetables. Sprinkle over the cheese and return to the oven. Bake for a further 15 mins or until the egg has set. Serve in wedges with salad or vegetables.

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vegetable biryani



Preparation: 10 mins

Cooking: 25-30 mins

Serves 4

30ml/2 tbsp vegetable oil

1 large onion, sliced

2.5cm piece root ginger

2 cloves garlic, crushed

**350g/12oz butternut squash,
deseeded and diced**

30ml/2 tbsp medium curry paste

175g/6oz basmati rice

100g/4oz red lentils

75g/3oz raisins

900ml/1½pt vegetable stock

Salt and freshly ground black pepper

6 large British Lion eggs

**45g/3 tbsp fresh coriander,
chopped (optional)**

1. Heat the oil in a large pan, add the onions and sauté for 4-5 mins or until golden. Stir in the ginger, garlic and butternut squash and sauté for 2 mins.

2. Add the curry paste, rice, lentils, raisins and stock and bring to the boil. Cover and simmer for 10-15 mins or until the squash and rice are tender.

3. Meanwhile, place the eggs in a medium pan, cover with water and bring to the boil. Simmer for 7 mins. Drain the eggs, then rinse in cold water. Tap the shells all over and peel away. Cut the eggs into quarters.

4. Remove the lid from the rice and give it a good stir - most of the liquid should have been absorbed by the rice. Adjust the seasoning, stir in the eggs and coriander (if desired). Cover again for 1-2 mins to heat the eggs through before serving.

Cook's notes

There's no need to peel the butternut squash - the skin becomes soft enough to eat during cooking. Just give it a good wash before you start.

eggy bubble & squeak cakes



Preparation: 15 mins

Cooking: 10 mins

Serves 4

5 large British Lion eggs

450g/1lb mashed potato

**225g/8oz cooked vegetables
such as carrots, cabbage, leeks etc**

Salt and freshly ground black pepper

60g/4 tbsp plain flour

90ml/6 tbsp vegetable oil for frying

1. Place four of the eggs in a medium pan, cover with water and bring to the boil. Simmer for 7 mins. Drain the eggs, then rinse in cold water. Tap the shells all over and peel away. Roughly chop the eggs.

2. Place the potato and vegetables in a large bowl with the chopped eggs and seasoning. Beat the remaining egg, add to the vegetables and mix well. Divide and shape the mixture into 8 small or 4 large cakes, dusting them lightly with flour as you go.

3. Heat the oil in a large non-stick frying pan, add the cakes and cook for 8-10 mins turning over half way through so they are golden brown on both sides. Lift from the pan with a spatula, drain on kitchen paper then serve hot.

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