

# Main meals <sup>in</sup> minutes

Tasty and nutritious, eggs are one of nature's most versatile fast foods. Just add your favourite ingredients for a flavour-packed main meal in minutes.



## Parma Ham and Basil Omelette

Preparation: 3 minutes

Cook time: 3 minutes

Serves: 1

### Ingredients

7.5g/¼oz butter

3 large British Lion eggs

1 slice of Parma ham or prosciutto ham, torn into pieces

A few torn basil leaves

7.5g/¼oz freshly grated Parmesan cheese

### Method

1. Melt the butter in a medium non-stick frying pan. Crack the eggs into a jug; add 15ml/1tbsp cold water and seasoning. Pour the egg mixture into the pan.
2. Cook over a medium heat for about 2-3 minutes. Use a spatula to push the cooked egg into the centre of the pan until no more runny egg remains and the base is golden.
3. Scatter over the ham, basil and cheese then tip the omelette out onto a plate, folding it as you tip.



For more egg recipes visit [www.eggrecipes.co.uk](http://www.eggrecipes.co.uk)

# Spanish style egg and potato tortilla

Preparation: 10 minutes

Cook time: 10 minutes

Serves: 4

## Ingredients

30ml/2tbsp olive oil

225g/8oz cooked new potatoes, sliced

1 onion, chopped

1 (110g) chorizo sausage, cut into thick slices

1 (150g) bag baby spinach leaves

6 large British Lion eggs

A good pinch of smoked paprika

75g/3oz cheddar cheese grated

Salt and freshly ground black pepper

## Method

1. Heat the oil in a medium, non-stick frying pan. Add the potatoes and onion and sauté for 6 minutes or until pale golden. Add the chorizo and continue to sauté for 4 minutes until the chorizo begins to colour. Stir in the spinach and cook until just wilted.
2. Beat the eggs with seasoning and the paprika. Pour the eggs into the frying pan, give everything a good stir; shake the pan to level the surface, then cover with a baking tray or plate and cook for 5 minutes until most of the egg has set.
3. Preheat the grill, sprinkle the cheese over the tortilla, and pop it under the hot grill. Cook for a further 3-4 minutes until the top is golden and the egg set. Leave to cool in the pan for 5 minutes before transferring to a board and cutting into wedges. Serve hot, warm or cold - it's always delicious!



## Did you know?

- Eggs are one of the most nutritious foods money can buy – they are a natural source of many nutrients including high quality protein, vitamins and minerals. A medium egg contains fewer than 70 calories.
- There is no recommended limit on how many eggs people should eat – all major health and heart organisations including the British Heart Foundation and the Food Standards Agency have lifted previous limits on egg consumption.
- Always look for the Lion mark on your eggs to guarantee the highest standards of food safety. All British Lion eggs come from hens which have been vaccinated against salmonella and are date-stamped for freshness.



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