

A campaign highlighting the great value eggs offer with a collection of recipes for under £1.



Eggonomics
cracking meals on a budget

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Creating fresh, healthy meals in minutes is still possible, even on the tightest budget. The recipes found on this website use cheap, everyday items found in your fridge to create meals for the whole family at around £1 per head. It's all about 'eggonomics'.

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.

'how to' video



[Click here to watch the bubble and squeak cakes video.](#)

Click on the **images** to view recipe.

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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/4t bsp plain flour
90ml/6 tbs vegetable oil for frying

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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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macaroni egg & broccoli cheese

Preparation: 10 mins
Cooking: 15-20 mins
Serves 4

225g/8oz macaroni
175g/6oz broccoli florets
6 large British Lion eggs
450ml/3/4pt milk
50g/2oz butter
45g/3 tbsp plain flour
Salt and freshly ground black pepper
175g/6oz Cheddar cheese, grated

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1. Cook the macaroni in a large pan of salted water for 6 mins. Add the broccoli, return to the boil and simmer for a further 6 mins or until the pasta and broccoli are tender.

2. 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 large chunks.

3. Place the milk, butter and flour together in a medium pan. Gently heat, stirring with a wire whisk until the mixture boils and thickens. Reduce the heat and cook for 1 min. Season to taste and stir in half the cheese.

4. Drain the pasta and broccoli, then stir into the cheese sauce. Spoon into a heatproof dish, scatter over the remaining cheese and pop under a hot grill. Cook for 3-4 mins or until the top is golden and bubbling. Serve immediately.



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kind of kedegree

Preparation: 10 mins
Cooking: 20-25 mins
Serves 4

30ml/2 tbsp vegetable oil
1 onion, sliced
15ml/1 tbsp medium curry paste
225g/8oz basmati rice
600ml/1pt vegetable stock
6 large British Lion eggs
175g/6oz frozen peas
1 (175g) pack peppered mackerel fillets, skinned and flaked
30g/2 tbsp chopped fresh parsley (if desired)
30ml/2 tbsp natural yogurt

[download recipe](#)

1. Heat the oil in a medium pan, add the onion and sauté for 3-4 mins or until golden. Add the curry paste and rice and stir until coated. Add the stock, cover and simmer for 6 mins. Stir in the peas and simmer for a further 4 mins or until the rice and peas are tender, adding a little more water if the rice begins to stick.

2. 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.

3. Stir the mackerel, parsley and yogurt through the rice, cover for a couple more minutes to heat through, before serving with wedges of lemon.



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chickpea & courgette egg omelette

Preparation: 10 mins
Cooking: 15-20 mins
Serves 4

30ml/2 tbsp oil
1 onion, thinly sliced
1 courgette, thinly sliced
1 (400g) can chickpeas, drained
1 clove garlic, crushed
½ tsp chilli flakes
½ tsp ground cumin
45g/3 tbsp freshly chopped flat
parsley
6 large British Lion eggs

[download recipe](#)

1. Heat the oil in a medium non-stick frying pan, add the onions and sauté over a medium heat for 6-8 mins or until golden brown. Add the courgettes, increase the heat and sauté for 2 mins until softened.

2. Stir in the chickpeas, garlic, spices and parsley and stir fry for 2 mins until hot. Beat the eggs with 30ml/2 tbsp water and add to the pan. Cover the pan with a lid or tray, then cook over a medium heat for 3-4 mins or until the surface is almost set.

3. Sprinkle over the cheese, pop the pan under a hot grill and cook for a further 2-3 mins or until the top is golden and the centre is set. Serve warm or cold in wedges with harissa sauce and a tomato salad.



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layered potatoes with leeks & bacon

Preparation: 15 mins
Cooking: 1hr 15 mins
Serves 4

15ml/1 tbsp vegetable oil
4 rashers back bacon, thinly sliced
675g/11lb potatoes, peeled
2 leeks, cleaned and thinly sliced
200ml/7floz hot vegetable stock
6 large British Lion eggs, beaten
Salt and freshly ground black pepper
2.5g/½ tsp freshly grated nutmeg
50g/2oz Cheddar cheese, grated

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1. Preheat the oven to 200°C/Fan 180°C/400°F/Gas Mark 6. Heat the oil in a small frying pan, add the bacon and sauté over a medium heat for 4 mins or until the bacon is golden. Drain and set aside.

2. Meanwhile, thinly slice the potatoes - about the thickness of a £1 coin. Lightly oil a 1.2ltri/2½pt ovenproof dish. Arrange half the potatoes over the base of the dish, then scatter over half the bacon and leeks. Top with a second layer of potatoes and the remaining leeks. Pour over the stock, then cover the dish with foil and bake for about 40 mins or until the potatoes are just tender when tested with a fork.

3. Scatter the remaining bacon over the top of the potatoes. Season the eggs with salt and pepper and the nutmeg, then beat well. Pour over the top of the potatoes, scatter over the cheese and return to the oven. Bake uncovered for a further 30 mins or until the eggs are set and top golden. Serve with a crisp salad.



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souffleed baked potatoes

Preparation: 10 mins
Cooking: 1hr 20 mins
Serves 4

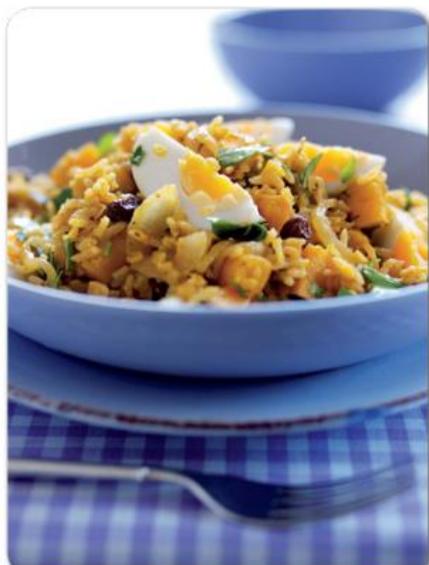
4 baking potatoes, scrubbed
25g/1oz butter
2 large British Lion eggs, separated
50g/2oz watercress, chopped
50g/2oz ham, thinly sliced
100g/4oz Cheddar cheese, grated

[download recipe](#)

1. Preheat the oven to 200°C/Fan 180°C/400°F/Gas Mark 6. Place the potatoes on a baking sheet and bake in the hot oven for 50-60 mins or until tender and the skins crisp.

2. Slice a circle of skin off each potato and discard. Scoop out the potato flesh leaving a 5mm/0.2in thick wall of potato next to the skin. Mash the potato with the butter and egg yolks. Stir in the watercress, ham and half the cheese. Season to taste.

3. Place the egg whites in a grease-free bowl, then use an electric whisk to whisk them until they form soft peaks. Stir a spoonful of the egg white through the potato mixture, then gently fold through the remainder. Scoop the mixture back into the potatoes. Sprinkle over the cheese and bake for a further 20 mins or until puffed up and golden. Serve in bowls with more watercress.



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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)

[download recipe](#)

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.

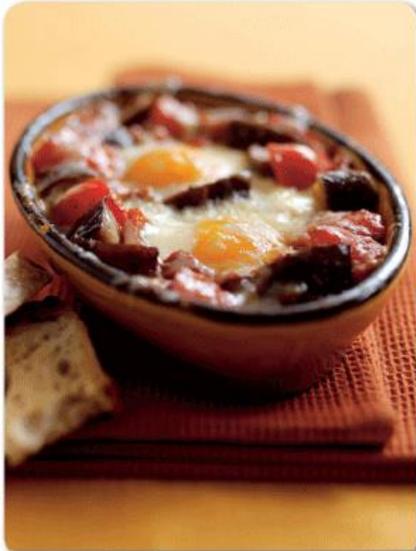
2. Add the curry paste, rice, lentils, raisins and stock and bring to the boil. Cover and simmer for 10-15 mins or until the squash and rice are tender.

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 coriander and eggs. Cover again for 1-2 mins to heat through the eggs 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.



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

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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.

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tuna & egg pie

Preparation: 15 mins
Cooking: 40-45 mins
Serves 4

675g/1½lb potatoes, peeled
75g/3oz butter
6 large British Lion eggs
450ml/¾pt milk
3 tbsp plain flour
Salt and freshly ground black pepper
75g/3oz frozen peas
75g/3oz frozen sweetcorn
400g can tuna chunks in brine, drained and flaked
100g/4oz Cheddar cheese, grated

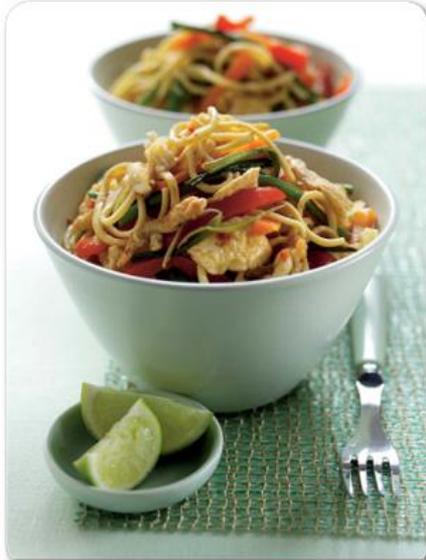
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1. Preheat the oven to 200C° / Fan 180° C / 400° F / Gas Mark 6. Cut the potatoes into large even-sized chunks, then cook in boiling salted water for 10-15 mins or until tender. Drain and mash with the 25g of the butter.

2. 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 eggs into large chunks.

3. Place the milk, remaining butter and flour together in a medium pan. Gently heat, stirring with a wire whisk until the mixture boils and thickens. Reduce the heat and cook for 1 min. Season to taste and stir in half the cheese.

4. Scatter the chopped eggs, drained tuna and frozen peas and sweetcorn over the base of an ovenproof dish. Pour over the sauce and lightly stir. Use a fork and spoon to evenly spread the potato on top of the base. Scatter over the remaining cheese and bake for 20 mins or until piping hot and golden on top.



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stir-fried thai noodles

Preparation: 15 mins
Cooking: 10 mins
Serves 4

225g dried medium egg thread noodles
45ml/3 tbsp vegetable oil
6 large British Lion eggs
1 red pepper, deseeded and sliced
2 carrots, peeled and cut into fine sticks
100g/4oz dwarf green beans, halved lengthways
2.5cm/1in piece root ginger, peeled and grated
6 spring onions, trimmed and shredded
2 tbsp red Thai curry paste
Wedges of lime to serve

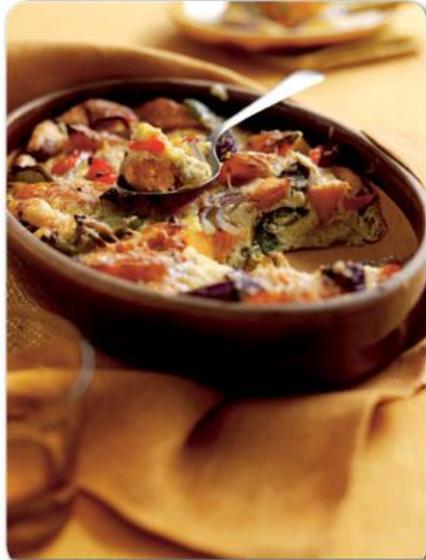
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1. Cook dried noodles in boiling water for 5mins or according to packet instructions. Drain the noodles, rinse in cold water, and then drain again.

2. Heat 15ml/1 tbsp of oil in a large frying pan or wok. Beat the eggs with 30ml/2 tbsp water, then add to the wok and cook for about 3 mins, stirring and scraping so that the egg forms lumps when it has set. Transfer to a plate and set aside.

3. Wipe out the wok; add the remaining oil then when hot, add the peppers, carrots and beans and stir fry for 4 mins. Add the ginger and spring onions and noodles, and stir fry for a further 2 mins.

4. Add the curry paste, eggs and 60ml/4 tbsp cold water. Cook over a high heat, tossing and stirring the noodles until well mixed. Serve in a bowl with wedges of lime if desired.



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

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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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kipper, egg & leek gratin

Preparation: 10 mins
Cooking: 30 mins
Serves 4

2 (220g) packs boil in the bag kippers
4 large British Lion eggs
15ml/1 tbsp vegetable oil
2 leeks, trimmed, cleaned and sliced
450ml/¾pt milk
50g/2oz butter
3 tbsp plain flour
Salt and freshly ground black pepper
75g/3oz Cheddar cheese, grated
Toast triangles to serve

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1. Cook the kippers in boiling water for 15 mins or according to packet instructions. Drain and flake. 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.

2. Heat the oil in a medium pan, add the leeks and sauté over a medium heat for 3 mins. Add 4 tbsp water, cover the pan and cook over a low heat for 3 mins or until just tender. Transfer to one large or four individual shallow ovenproof dishes.

3. Place the milk, butter and flour together in the same pan you cooked the leeks in. Gently heat, stirring with a wire whisk until the mixture boils and thickens. Reduce the heat and cook for 1 min. Season to taste and stir in half the cheese.

4. Add the kippers and eggs to the leeks, pour over the cheese sauce and lightly mix. Sprinkle over the remaining cheese and pop under a medium grill and cook for 3 mins or until golden and bubbling. Serve with toast triangles.