

Eggy thing (2 portions; 20min)

For the mixture

125g pork mince
½ tin sweetcorn
3 medium eggs
salt to taste

Break the mince into pieces in a bowl with a fork, add salt and mix. Leave for 10 min if possible.

Add the eggs and mix together with the mince. Drain the sweetcorn, add it in, and mix well.

For the cooking

olive oil for frying

Heat 3 tbsp olive oil in a frying pan on medium-high heat.

Give the mixture a final stir (as the heavy stuff sinks rapidly) and immediately pour it all into the frying pan. Give the pan a gentle shake to even it out. Leave it for a few minutes.

As it cooks, swirl the pan to move any liquid egg to the edges where it will cook more quickly.

Once the eggy thing is largely solid, turn it over. The underneath should be browned and crispy. Fry for another couple of minutes.