

Spanish Omelette

By diner524, <http://www.food.com/recipe/spanish-omelette-230338>

Ready in 30 minutes
Serves 2

Ingredients
» 3 small potatoes » 4 eggs » 1 onion » salt » olive oil

- Directions
1. Peel potatoes.
 2. Cut potatoes and onion into small cubes.
 3. Add salt (to taste) to potatoes and fry them until they are lightly crunchy in olive oil.
 4. About the last 5 mins of cooking add the onion to the potatoes. When tender, transfer potatoes and onion to papertowels to drain.
 5. Beat the eggs with a pinch of salt.
 6. Lightly coat frying pan with olive oil. Add the eggs, potatoes and onions and cook over low heat, flipping omelette once to cook other side.



Photo by Lim Ashley
<https://www.flickr.com/photos/ashleyt/5832464093/>

“Cooking is a creative process, and this recipe lends itself to your creativity! Add spices, herbs, meats, veggies and cheese to your taste. This is just the base to a Spanish omelette!”

Bacon Cheddar Twists

By <http://www.foodnetwork.com/recipes/bobby-flay/bacon-cheddar-twists-with-soft-cooked-eggs>

Ready in 30 minutes
Serves 4

Ingredients
» 2 large eggs » 1 teaspoon dijon mustard » 1 sheet frozen puff pastry, thawed but chilled » 12 slices bacon » 1/2 cup grated cheddar cheese » sesame seeds or poppy seeds (optional)

- Directions
1. Preheat the oven to 375 °F. Line a baking sheet with parchment paper and spray lightly with nonstick spray.
 2. Whisk together the eggs, mustard and a splash of water until smooth; sprinkle with salt and pepper. Set aside.
 3. Dust a work surface with flour and roll out the puff pastry to a 10-by-14-inch rectangle with the shorter side facing you.
 4. Spread the cheese over the top half of the dough, then fold the bottom half over the cheese half and roll lightly to seal.

5. Cut the dough vertically into 12 even strips; each strip will be slightly thinner than 1 inch.
6. Place a bacon strip on each pastry strip and twist the pastry and bacon together. Place the twists on the prepared baking sheet, pressing down the ends.
7. Brush the tops with some of the egg wash and sprinkle with salt and sesame seeds or poppy seeds (or both).
8. Bake until the pastry is golden brown and the bacon is crisp, 12 to 15 minutes. Remove the baking sheet to a rack and let cool for 5 minutes before removing.

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Folding Instructions
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4. Fold to opposite ends.

5. Fold in half vertically

6. Fold in half horizontally

done, enjoy!

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eat-787048/
<https://pixabay.com/en/spaghetti-bolognese-parmesan->



“Serve with boiled spaghetti (allow 75-100g dry pasta per person).”
tly for 30 mins to ensure the meat is cooked thor-

1. Sauté beef, onion and garlic in a large saucepan until meat is just starting to brown.
2. Sprinkle in the flour and stir well to coat the meat.
3. Add the carrots and continue to sauté for 2 or 3 mins until meat is brown all over.
4. Add all the other ingredients and bring to the boil.
5. Rinse the tins out with a little water and add to the saucepan.
6. Turn the temperature down and allow to boil very gen-

Ingredients
» 1 large onion diced » 2 cloves garlic crushed and diced
» 1kg lean minced beef » 1 Bay leaf » 2 tablespoons plain flour (to thicken the sauce, optional) » 2 large carrots grated » 2 teaspoons oregano » 800g plum tomatoes (2 tins) » 400g mushrooms sliced » 3 or 4 tablespoons tomato puree » 2 oxo cubes (any sort)

Serves 6-8
Cooking time 35 minutes
Prep time 10-15 minutes
By Elizabeth Hammersley and Roz Holman

Spaghetti Bolognese