



Recipes

Cheese and Tomato Omelette

1. Cut up a piece of cheese and a washed tomato into small pieces and put to one side.
2. Break 2 eggs into a bowl and whisk with a fork. Season with salt and pepper if required.
3. Heat a little butter or oil in a small frying pan over a medium/low heat. Pour the eggs into the pan, tilt the pan slightly from side to side to allow the eggs to cover the bottom of the pan.
4. Allow to cook for 30 seconds then scrape a line through the middle with a spatula. Tilt the pan again to allow it to fill back with the runny egg, cook again for 30 seconds and repeat again for 30 seconds or until the egg is cooked.
5. Scatter the cheese and tomato pieces over the top of the omelette. Fold the omelette in half and serve.

Tomato Pasta Bake (Serves 2)

1. Heat 1 tablespoon of oil or butter and if available fry a chopped onion for 5 minutes until softened.
2. Optional- Add 1 clove of crushed garlic and cook gently for a further minute.
3. Mix in 1 tin of chopped tomatoes, if required add 1 teaspoon of sugar, bring to the boil and simmer for 20 minutes.
4. Cook 100g of pasta according to the pack instructions.
5. Drain the pasta, stir into the sauce and pour into a dish.
6. Sprinkle grated or chopped cheese over the top of the pasta bake and place under the grill for 3-5 minutes.

You can add many other ingredients to this recipe – use fresh, frozen or tinned vegetables add them to the pan when frying the onion. Ham, tuna or vegetarian products can be chopped up and added to the pasta bake.

Ham and Cheese Melt

1. Preheat the oven to 200C/400F/Gas 6.
2. Butter 2 slices of bread.
3. Sandwich a Dairy Lea triangle/tablespoon of grated cheese and two slices of ham between the bread. Keeping the butter side of the bread on the outside of the sandwich.
4. Place the sandwich on a baking tray and bake until golden brown. This will take approximately 12 minutes.

Vegetable Chilli Topping (Serves 2)

1. Heat 1 tablespoon of oil or butter and if available fry a chopped onion for 5 minutes until softened.
2. Add fresh, frozen or tinned vegetables such as sweetcorn, peas, peppers, carrots or courgettes to the pan.
3. Once the vegetables are soft, add a tin of chopped tomatoes and if required 1 teaspoon of sugar, bring to the boil and simmer for 20 minutes.
4. Add 1 tablespoon of baked beans to the mixture and stir in.
5. Optional – add 1 teaspoon of chilli powder to the mixture.
6. Spoon into a cooked, halved jacket potato and serve.

Notes

- Place unused baked beans, tuna, chopped tomatoes in bowls, cover and keep in the fridge for up to 2 days.
- Wash all fruit and vegetables before using.

