

Cheap but tasty eats

So it is January and you have no money and need to limit your calorie intake after Christmas. Try these cheap but tasty ideas, all using our favourite vegetable, the humble potato! Recipes taken from <http://www.lovepotatoes.co.uk>.

North African Spiced Baked Eggs with Potato

Ingredients:

2 large pre-boiled fluffy potatoes (such as Maris Piper), cubed when cool, 1 small pinch of saffron (optional), 2tbsp of olive oil, 1 small red onion, thinly sliced, 1 clove of garlic chopped, 1tsp ground cumin, 4 medium tomatoes, roughly chopped, 4 eggs, 1 small bunch coriander (25g), sprinkle of chilli flakes to serve and 2 tbsp of yoghurt. Serves 2-4.

Method:

1. Preheat the oven to 200°C/180°C fan. If using, infuse the saffron in a couple of tablespoons of warm water.
2. Heat the oil in a small (24cm) frying pan.
3. Fry the onions, garlic and cumin over a low heat until the onions are soft for about 10 minutes. Add the pre-boiled potatoes and turn the heat up, mix to incorporate, then add the tomatoes (and saffron water if using). Season well and cook for a further 5 minutes, occasionally stirring (add a splash of water if the mixture is drying up and sticking). Season to taste.
4. Using a wooden spoon make 4 shallow wells in the mix and break the eggs into them.
5. Place the pan in the oven and bake until the white of the eggs are cooked and the yolk still looks a little runny (for about 5-10 minutes).
6. Let it sit for several minutes, then sprinkle with chopped coriander, yoghurt and chilli flakes.

One Pan Ham Hock and Kale Hash



Ingredients:

400g salad potatoes (such as Charlotte), halved or Maris Pipers cubed, $\frac{1}{2}$ onion, chopped, 1 garlic, chopped, 1 twig rosemary, needles removed and finely chopped, 80g kale, shredded (weight after stalks removed), 100g ham hock (or other cooked ham/bacon), shredded, 50g medium cheese, grated (such as Gruyere or emmental) and a poached egg (optional). For the sauce: 1tbsp white wine vinegar, 1tsp grainy mustard and 1tsp Dijon mustard. Serves 2-3.

Method:

1. Cook the potatoes in boiled salted water and allow to cool before halving. Season well with salt and black pepper. Heat a large frying pan over a high heat. Slide the potatoes in, spread out and resist the urge to move them about until they're nice and crispy.
2. When all sides have crisped up, remove from the pan, turn the temperature down and add the onion, garlic and rosemary and cook for 4 minutes until softened.
3. Add the kale, then cook for another 5 minutes before returning the potatoes to the pan, along with the ham hock. Turn the temperature up to high. When the pan is hot, add the sauce and cheese and toss to coat everything. As soon as the

liquid has evaporated, turn the heat off and serve.

4. Add a poached egg if desired.

Patatas Bravas with Chorizo in Red Wine Sauce



Ingredients:

350g new potatoes, roughly cubed, 150g cooking chorizo, cut into 1cm cubes, 100ml red wine, 400g tinned chopped tomatoes, 1 white onion, medium, sliced, 1 garlic, crushed, 1 red chilli, sliced, 2-3tsp chilli flakes, salt and pepper and 2tbsp olive oil. Serves 4.

Method:

1. Boil the potatoes for 6-8 minutes until softening. Drain and leave to cool.
2. Fry the chorizo in a sauté pan until starting to crisp then add the potatoes. Cook until golden, transfer to a bowl and set aside.
3. Sauté the onion and garlic, add the wine and reduce. Add the chilli flakes and stir.
4. Add the tomatoes, cook for fifteen minutes on a gentle heat. Pour over the potatoes and chorizo and sprinkle with chopped fresh parsley.