

Baked Eggs with Peppers, Spinach and Chorizo

Serves 1



PROJECT FOOD

A helping hand to healthy eating

Ingredients

½ tbsp olive oil

½ onion, sliced or chopped

1oz / 25g chorizo (not the pre-sliced stuff), chopped into small chunks

1 egg

1oz / 25g spinach

½ red pepper, chopped

1 clove garlic, chopped

½ tin chopped tomatoes

Wholegrain bread to serve

Optional

1 tsp paprika



Method

1. Pre-heat oven to 200oC / gas mark 6
2. Heat the oil in a pan over a medium heat, add the onion, chorizo and pepper and cook for about 5 minutes, or until soft.
3. Add the garlic and cook for another minute. Stir in the paprika if you are using too.
4. Now tip in the tomatoes, bring to a simmer and cook for 10 minutes.
5. Stir through the spinach and pour into a heat-proof dish.
6. Make a well in the tomato mixture and crack the egg on the top.
7. Bake for 10 minutes or so, until the egg white is firm but the yolk still runny.
8. Serve with a slice of wholegrain bread to mop up the juices.

- This recipe is enough for one person for breakfast, lunch or dinner. To make enough for more people, simply multiply by the number of people you are serving. You can make in one large dish when serving 2 or more people.
- Chorizo keeps well in the fridge so any leftovers can be used in another dish.

Top tips

- There are good levels of vitamin c, from the tomatoes, peppers and beetroot, and folate from the spinach, all of which are good for mental health.
- The eggs in both dishes are good for iron and B vitamins which can help with low mood and energy levels.

Rhubarb, Almond & Oat Crumble



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Ingredients

- 1lb / 450g rhubarb
- 3oz / 75g sugar
- 3oz / 75g butter / spreadable butter
- 2 oz / 50g porridge oats
- 2 oz / 50g ground almonds
- 2.5 oz / 65g plain flour



Method

1. Preheat the oven to 180°C, Gas mark 4
2. Wash the rhubarb, cut into small chunks and put into an ovenproof dish.
3. Put flour, almonds, porridge oats, sugar and butter into a bowl and rub together with fingers until mixture resembles breadcrumbs.
4. Sprinkle the crumble topping evenly over the fruit and press down lightly.
5. Cook in oven for 20 minutes or until golden on top.
6. Serve the crumble with crème fraiche or Greek yoghurt.

Try sprinkling the top with pumpkin seeds, sunflower seeds and flaked almonds. These will add extra crunch to your crumble and are also full of essential fats which are good for you.

One of the powerful ways food is able to support health is by creating a sense of pleasure. For this reason the healthiest diet is one that is stress-free as well as nutrient-rich so include treats in your diet.
This simple pudding is delicious and nutritious.