

**Penicuik High School**

**Big Day Recipes**

**Huevos Rancheros (Ranchers Eggs)**

This simple dish is perfect for weekend breakfasts, as well as making a great weeknight dinner. The fact that it all cooks in one pot makes it easy on the washing up too!

Serves 4

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| --- | --- | --- | --- |
| Onion | 1 | Eggs | 4 |
| Garlic cloves | 2 | Avocadoes | 2 |
| Ground coriander | 1 tbsp. | Red chilli | slices |
| Ground cumin | 1 tbsp. | Extra virgin olive oil | splash  |
| Smoked paprika | 1/2 tsp. | Lime | 1 |
| Mixed beans | 1 tin | Coriander | leaves  |
| Tinned tomatoes | 1 tin | Tortilla wraps | 4 |

Begin by slicing the onion and crushing the garlic. Pop both into a deep frying pan with some cooking oil, salt and pepper, Sweat the onion and garlic until soft before adding the ground spices and cooking for a further 1-2 minutes. Add the beans and the tomatoes and simmer gently until thickened, which should take around 5 minutes. Crack the eggs on the side of the pan and pop on top of the beans, in different parts of the pan. Turn the heat right down, cover and cook for 5-8 minutes, until the egg whites are cooked and the yolks still soft.

Peel the avocadoes and cut into rough chunks. Mix with the lime juice, chopped chilli to taste, chopped coriander, salt and pepper and a glug of olive oil.

Take the pan off the heat, serve up the beans and eggs and top with the avocado salsa. Serve with flour wraps, which taste incredible when toasted in a hot, dry frying pan.

**Roasted Scottish salmon, Thai vegetable salad**

This is a great dish; simple, flavourful and super healthy. If fish is not for you, this dressing works beautifully with chicken and beef, as well as just the vegetables. You an add some cooked noodles for something more filling.

Serves 4

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| --- | --- | --- | --- |
| Salmon | 400g | Soy sauce |  |
| Carrot | 1 | Honey |  |
| Courgette | 1 | Fish sauce (optional) |  |
| Red pepper | 1 | Lime juice |   |
| Cashew nuts | handful  | Coriander |  |
| Sesame seeds | 1 tbsp. | Red chilli |  |

Begin by seasoning the salmon with salt and pepper and heating a frying pan with oil. Pop the salmon into the pan, skin side down, and roast for 4 minutes before turning over briefly. Return to the skin side and pop into a hot oven for 5 minutes. Remove and allow to rest.

Cut the vegetables into the finest strips that you can and set aside.

To make the dressing, mix a generous amount of soy sauce (80% of the final volume of dressing) with a spoonful or so of honey, a dash of fish sauce and a good squeeze of lime juice. Now taste the dressing for salt, sour and sweet- you are trying to get a balance of each of these so add honey or lime to taste- it won't be perfect first time, or even second! Add the chopped coriander, some chopped chilli and the sesame seeds. Mix the dressing with the vegetables, toss in the cashew nuts and allow to soften for a few minutes.

Lift the salad into bowls and top with the roasted salmon, squeezed with some fresh lime.