

# VEGGIE SUPPERS...

...that won't break the bank and taste delicious

## Chilaquiles

This Mexican dish is a great way of using up slightly stale tortillas. I can't claim that my version of this classic dish is authentic, as I mix the tomato salsa into the scrambled eggs rather than into

the tortillas, and then serve the scramble on top of the crisp, fried tortillas, yet it still goes down well with the family.

**Prep 15 mins Cook 17 mins**  
**Serves 4**  
6 corn tortillas

### sunflower oil, for frying

4 vine-ripened tomatoes, deseeded and diced

### 6 spring onions, thinly sliced

1 red chilli, deseeded and chopped

### 1 large handful of coriander leaves, chopped

30g butter

### 10 eggs, lightly beaten

sea salt and freshly ground black pepper

### good splash of chilli sauce

### To serve

bottled jalapeños, chopped

feta or other soft cheese, crumbled

**1** Stack the tortillas on top of one another and cut into 12 wedges. Pour a good layer of oil into a large frying pan and heat over a medium heat. Fry the tortilla wedges in four batches for about 1 min on each side until light golden and crisp, then drain on kitchen paper and leave to one side.

**2** Mix together the tomatoes, spring onions, chilli and half the coriander. Pour all but 1 tbsp of the oil out of the pan, reduce the heat to medium-low and add the butter. When the butter has melted, add the tomato salsa and cook, stirring, for 3 mins until softened.

**3** Season the eggs with salt and pepper and stir in the chilli sauce. Add to the pan and cook the eggs over a low heat, turning the mixture gently until everything is combined and scrambled to a soft but cooked consistency.

**4** Divide the tortilla wedges between four serving plates and top with the scrambled egg mixture and remaining coriander. Scatter over the jalapeños and feta, and serve.

**Tip:** *You can't beat the flavour of tomatoes ripened on the vine, but if you're faced with hard tomatoes store them in a paper bag with a ripe banana or an apple to encourage ripening – the same technique works with avocados too.*

**Cost per serving: 90p**

## Tofu escalopes with salsa

Slices of rosemary- and garlic-marinated tofu are coated in breadcrumbs and fried until crisp and golden, then served with a punchy salsa.

**Prep 20 mins, plus marinating**  
**Cook 12 mins**

### Serves 4

450g firm tofu, drained, patted dry and sliced into 8 × 1cm slices

### 2 eggs

75g day-old breadcrumbs or Japanese panko crumbs

### finely grated zest of 1 large unwaxed lemon

5 tbsp sunflower oil

### sea salt and freshly ground black pepper

### For the marinade

2 tbsp extra-virgin olive oil

### 2 large garlic cloves, crushed

1 heaped tbsp finely chopped rosemary leaves

### To serve

### 100g drained tinned flageolet beans, or cooked dried flageolet beans

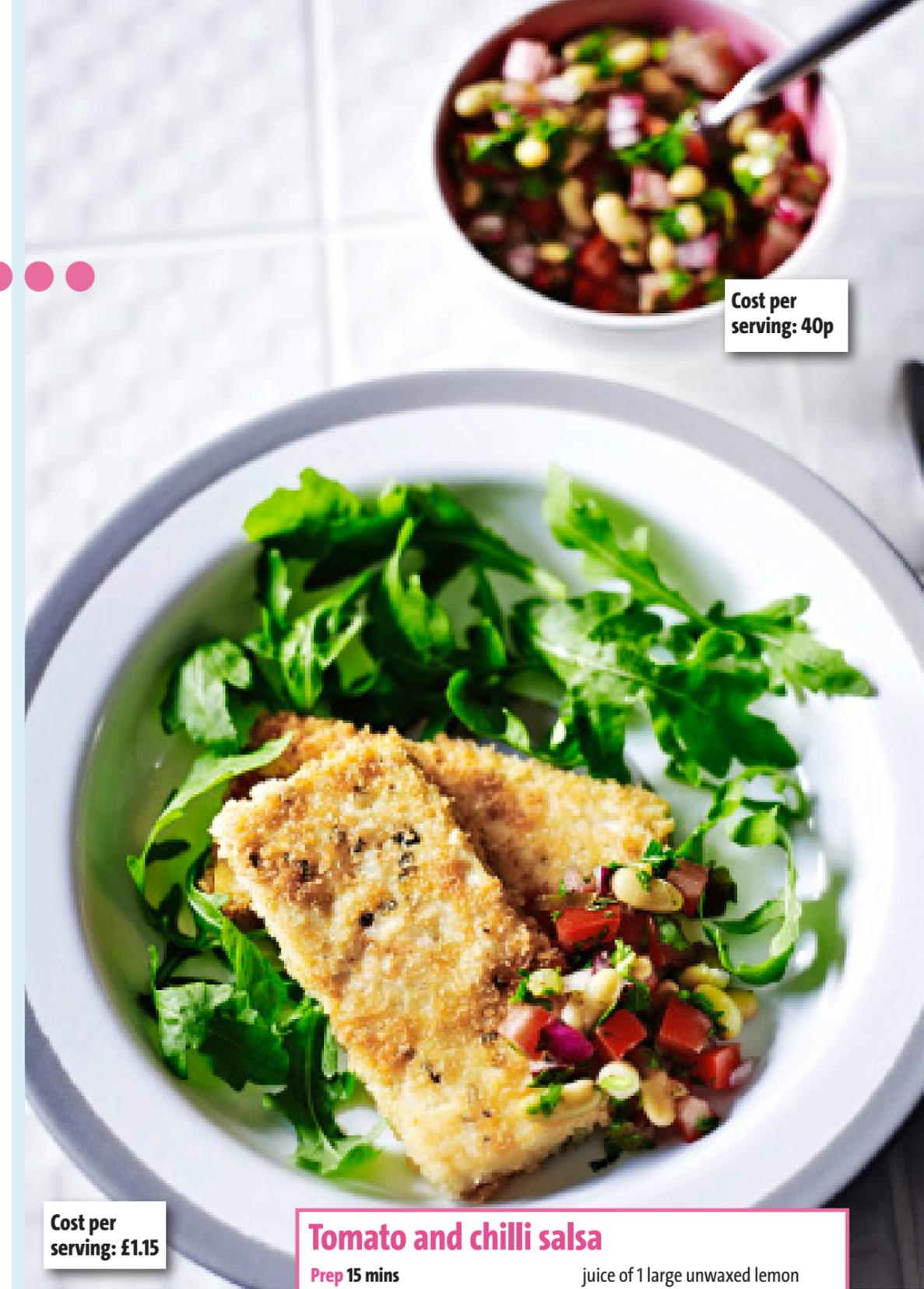
1 quantity of tomato and chilli salsa (see separate recipe)

rocket salad

**1** Mix together the ingredients for the marinade and season well. Put the tofu in a large, shallow dish, spoon the marinade over and spread over both sides. Leave to marinate, covered, for 1 hr.

**2** Meanwhile, mix the flageolet beans into the salsa.

**3** Beat the eggs in a shallow dish. Put the breadcrumbs and lemon zest in a separate shallow dish and season. Heat the sunflower



**Cost per serving: £1.15**

## Tomato and chilli salsa

**Prep 15 mins**

### Serves 4

4 large vine-ripened tomatoes, deseeded and diced

### ¼ red onion, diced

2 heaped tbsp bottled jalapeño chillies, drained and chopped

### 2 handfuls of coriander, chopped

juice of 1 large unwaxed lemon  
**2 tsp extra-virgin olive oil**  
sea salt and freshly ground black pepper

Mix together all the ingredients in a bowl. Season with salt and pepper and serve at room temperature.

**Cost per serving: 40p**

oil in a frying pan over a medium heat. Dip the tofu slices into the egg and then the crumbs to coat, then fry for 3 mins on each side, until golden (in batches if necessary). Drain on kitchen paper and serve with the salsa and a rocket salad.

# cookery

## Cheese and pepper strata

If you have a loaf that's just past its best use it in this savoury cheesy bread pudding. Feel free to replace the Cheddar with whatever cheese you have in the fridge, or try a mixture of different ones.

**Prep 15 mins, plus standing**

**Cook 1 hr**

**Serves 4**

1 red pepper, deseeded and sliced

**1 yellow pepper, deseeded and sliced**

2 tbsp olive oil

**375g slightly stale, open-textured bread, crusts removed, sliced and cut into squares**

2 garlic cloves, crushed

**6 spring onions, sliced**

1 large handful of basil leaves

**175g mature Cheddar or cheese of choice, grated**

6 eggs, lightly beaten

**300ml milk**

sea salt and freshly ground black pepper

**1** Preheat the oven to 180°C/gas 4. Brush the peppers with the oil. Heat a large griddle pan over a high heat and griddle the peppers for 6-8 mins, turning occasionally, until tender and starting to blacken in places. You may need to do this in batches.

**2** Meanwhile, put half the bread in a large, shallow, ovenproof dish. Top the bread with an even layer of cooked pepper, garlic, spring onions, basil and half the Cheddar.

**3** Whisk together the eggs and milk and season with salt and pepper. Pour half the mixture into the dish, making sure the bread is evenly covered. Top with the remaining bread and pour the rest of the egg and milk mixture over, pressing the bread down so it is thoroughly soaked. Scatter the remaining cheese over and leave to stand for 10 mins. Bake for 35-40 mins until the cheese has melted and is golden on top.



**Cost per serving: 95p**



**Cost per serving: 80p**

## Spanish-style white beans

If you have memories of soggy, mealy butter beans served up for school dinner, ditch that thought now and try them in this light, summery stew.

**Prep 15 mins Cook 45 mins**

**Serves 4**

3 tbsp extra-virgin olive oil

**1 large onion, chopped**

3 large garlic cloves, thinly sliced

**1 large red pepper, deseeded and chopped**

2 courgettes, thickly sliced, then each slice quartered

**170ml dry white wine or extra vegetable stock (see below)**

500ml passata

**150ml vegetable stock**

1 tsp sugar

**300g drained tinned butter beans, or cooked dried butter beans**

2 bay leaves

**1 tbsp thyme leaves or 2 tsp dried thyme**

1-2 tsp hot smoked paprika

**3 handfuls of curly kale or cavalo nero, tough stalks removed, leaves shredded**

sea salt and freshly ground black pepper

**crusty bread and soured cream, to serve**

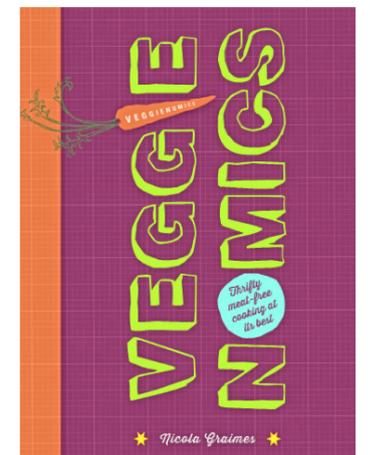
**1** Heat the olive oil in a large casserole over a medium heat. Add the onion and fry for 6 mins, until softened. Add the garlic, red pepper and courgettes and cook for another 5 mins until just tender.

**2** Pour in the wine and bring to the

boil. Cook until reduced by half, then add the passata and stock and bring to the boil. Turn the heat down to low, add the sugar, butter beans, bay leaves, thyme and paprika, and simmer, part-covered, for 30 mins until reduced and thickened.

**3** Stir in the kale or cavalo nero, season with salt and pepper and cook for another 3 mins until wilted. Serve with crusty bread and a spoonful of soured cream.

**Tip:** Save freezer space by freezing stews, soups, sauces and curries flat. Simply cool the dish, transfer to a zip-lock bag and place on a baking sheet in the freezer.



These recipes are taken from *Veggieonomics* by Nicola Graimes (Nourish, 2014).