

## **SPROUTY BRUNCHY LUNCH WITH EGGS AND BUTTERNUT**

Serves 2, takes 20 minutes

- \* *Butternut - half, seeds removed*
- \* *Olive oil*
- \* *Paprika – a couple of pinches*
- \* *Brussels sprouts - a few big handfuls (c. 300g), tops removed*
- \* *Dried herbs - oregano or thyme, a couple of pinches*
- \* *Marsala wine or something boozy (white wine/martini) - A splash*
- \* *Eggs - 4*

Preheat the oven to 220 degrees C.

Chop the butternut into dice sized cubes (you can leave the skin on), toss with olive oil, paprika, salt and pepper in a roasting dish and bake for 15 minutes.

Roughly chop the sprouts and sauté in a large frying pan over a medium high heat with a glug of olive oil and some herbs. Season generously and add a splash of Marsala wine. Cook until al dente.

Meanwhile boil the eggs. Bring a pan of water to the boil and then simmer the eggs for 7 minutes. Run the eggs under cold water and peel them carefully.

Serve in a bowl, scattering the butternut over a generous heap of sprouts. Cut each egg in half and place on top, seasoning again with salt, pepper and paprika.

## **WARM CITRUS SALAD OF PRAWNS, FENNEL AND BULGUR**

Serves 2, takes 20 minutes

- \* *Leek - 1, sliced*
- \* *Olive oil*
- \* *Fennel - 1 small bulb, finely diced*
- \* *Lemon - juice of 1/2*
- \* *Bulgur - 2/3 cup*
- \* *Parsley or coriander - a handful, chopped*
- \* *Mint - a few leaves, chopped*
- \* *Paprika - 1/2 tsp*
- \* *Preserved lemon - 1/4, finely diced*
- \* *Cooked, peeled prawns - 300g*

Sweat the leek and a glug of olive oil in a large frying pan for five minutes. Season with salt and pepper. Add the fennel, cover the pan and leave to steam for ten minutes.

Meanwhile prepare the bulgur. Place in a saucepan with 1 and 1/3 cups of salted water and bring to the boil. Cover the pan and leave to simmer for ten minutes. Remove from the heat and leave to steam for a further two minutes.

Add a glug of olive to the bulgur, along with a good squeeze of lemon juice, the chopped herbs, paprika, preserved lemon and some fresh black pepper. Stir to combine.

Season the prawns with salt, pepper and another squeeze of lemon. Add them to the frying pan with the leek and fennel for thirty seconds or so, just to heat them up.

Finally add the leek, fennel and prawns to the bulgur and toss to combine.