

Baked beans with chorizo, egg and feta

Serves 4

Oven to 180 C.

Splash olive oil

1 chorizo sausage, diced

2 onions, peeled and finely chopped

4 garlic cloves peeled and finely chopped

Few sprigs thyme/rosemary

80 ml red wine vinegar

4 tbsp tomato puree

2 tins cannellini beans, drained and rinsed

Salt & pepper

4 large eggs

200 g pack of feta (approx)

Oven to 180 C

Heat the olive oil in a large frying pan or saucepan and sauté the chorizo in a little olive oil until starting to caramelise. Add the onions and continue to sauté until they too are just starting to colour. Add the garlic, herbs, red wine vinegar, tomato puree and 3 tbsp of water. Mix well, season and cook for another few minutes. When everything feels well blended take off the heat, mix in the cannellini beans and then transfer to a gratin dish of some sort. Make four “wells” or “holes” in the beans and crack an egg into each well. Drizzle with more olive oil, crumble the feta on top, season with lots of black pepper and bake for 15 minutes or so, until the eggs are just cooked. Serve with bread and a salad, if you insist on some greens.

Chickpea, sweet potato and chorizo stew

I love this dish! If you're a vegetarian, you can leave out the chorizo and it will be just as tasty. Especially if you add a pinch of smoked, sweet paprika which gives off a lovely, meaty taste.

Feeds 4

Few knobs butter or splash olive oil

3-4 sweet potatoes, sliced into 2cm thick pieces

1 tablespoon honey

Salt and pepper

Splash olive oil

1 onion, peeled and chopped

1 teaspoon cumin seed

1 teaspoon coriander seed

1-2 chorizo sausage, roughly chopped

Good squeeze tomato puree

1 tin chopped tomatoes

2 tins chickpeas, drained and rinsed

100 g baby spinach

Handful coriander

Heat the butter in a large frying pan. Fry the sweet potatoes on each side until starting to caramelise. Add about 500 ml of water and the honey. Season well and cook over a medium heat until the potatoes are starting to get tender (about 15 minutes). You may have to add more water if it cooks off too quickly, but when they're cooked, most of the water should be cooked off. Set aside.

Meanwhile, in a large saucepan, heat the olive oil and fry the onion along with the cumin and coriander seed for a few minutes. Add the chorizo and let it cook and start to brown at the edges for a good 5 minutes. Add the tomato puree, tinned tomatoes, and the chick-peas. Cook out for another 5-10 minutes, then add the spinach and stir so that the spinach wilts. Add the sweet potatoes and any juices left in the pan, carefully mix so that the potatoes don't break up. Serve in bowls along with fresh coriander leaves.

Kale, lentil, lemon & feta salad

Serves 2-4

300 g kale, finely chopped and stalked
Few pinches good sea salt
5g fennel seeds
5 g coriander seeds
5 g cumin seeds
1 g chilli flakes
3 cloves garlic, sliced (20g)
80 ml olive oil
250 g beluga lentils, soaked for 30 mins, cooked in boiling water until tender, drained
100 g almonds (with skin on)
30 g spring onions, chopped
Juice and zest of 1 lemon
100 g feta or halloumi, fried in some butter

Chop the kale, season with salt and massage so it starts to 'break down'. Add the spices to a small saucepan with the garlic and olive oil. Heat gently. Pour the dressing onto the drained lentils whilst still warm. Toss with the almonds, spring onions, lemon juice, zest and feta. Optional extras that you can chuck in include: olives, dried cranberries or sour cherries, or pomegranate seeds for sweetness if you like.