

Corned Beef Hash

(for 2 people....just add more mash for more people)



Ingredients

- Corned Beef
- 1 large onion
- 60g Smash/Instant Potato (plus 300ml boiling water)
- Oil for frying
- Grated cheese for topping

Method

- Chop onion and fry in oil for 3- 4 minutes until golden brown.
- Add corned beef and fry for further 4 minutes, chopping the corned beef up until all large lumps have been removed.
- Meanwhile make instant mash according to pack instructions.
- Add corned beef mixture to the mash and stir well.
- Turn into a dish, cover with grated cheese and brown under grill.

Serve with peas or baked beans

Ham and Broccoli Pasta in a Chilli

Tomato Sauce - (for 2 people)



Ingredients

- 140g Pasta
- 150g Tinned Ham
- Oil for frying
- Onion
- 150g Broccoli
- 1 can tomatoes
- 1tsp sugar
- ¼ tsp crushed chilli flakes*

Method

- Boil a pan of water and cook pasta and broccoli florets for approx. 10 mins until cooked.
- Meanwhile, cut onion and chop ham into 1cm pieces and fry in hot oil until onion is cooked (approx. 3-4 mins).
- Add sugar and chilli and fry for 1 more minute
- Add tomatoes and continue cooking for 2 more minutes until warmed through.
- Drain pasta and broccoli and mix in tomato sauce.

* You can add chilli to suit your tastes. This recipe gives a mild chilli flavor. Add more if you like your food hot and spicy

Spam Fritters

(for 3 people)



Ingredients

- 1 tin Spam
- 70g plain flour
- 100ml water
- Vegetable Oil for frying

Method

- Cut Spam into thick slices (approx. 1cm thick)
- Put flour and water into mixing bowl and whisk until smooth
- Heat some oil in pan
- Dip each slice of spam into the batter, place in hot oil and fry on both sides for a couple of minutes until golden brown.

Serve with chips and peas or mashed potato and beans

* Try crushing up a few cornflakes in a bag, add black pepper and dip the battered spam fritters in the crushed cornflakes for a modern twist. Tastes more like something you would get at fast food restaurants – the kids will love it!