

# Challenge a Chef!

## From Becky in the Cotswolds

Tuesday 1st April 2020

“ What can I make with the kids and also something healthy? ”

### Ingredients:

- 2x tins baked beans
- 2x tins chopped tomatoes
- 2x tins fruit cocktail
- Apples/satsumas
- 2x packets of digestive biscuits
- Loaf of bread
- Potatoes
- 12x eggs



## Your Chef

Mike Bradshaw: Senior Consultant at MYA  
Michelin-standard kitchen experience

“ Hi Becky,

Our ideas for you are as follows:

Tomato omelette with potato wedges and stewed apple with a biscuit crumb.  
For something to do with the kids, why not make ice pops with your tinned fruit? ”

## Omelette

### Ingredients:

- 3 eggs, beaten
- 1 tin chopped tomatoes, strained (keep the juice and freeze for a soup).
- 1 tsp sunflower oil

### Method:

1. Season the beaten eggs well with salt and pepper. Heat the oil in a frying pan over a medium-low heat and add your strained tomatoes.
2. Pour the eggs into the pan, tilt the pan ever so slightly from one side to another to allow the eggs to swirl and cover the surface of the pan completely. Let the mixture cook for about 20 seconds then scrape a line through the middle with a spatula.
3. Tilt the pan again to allow it to fill back up with the runny egg. Repeat once or twice more until the egg has just set.
4. Slide onto a plate to serve.

## Potato Wedges

### Method:

1. Pre-heat oven to 180°C.
2. Wash the potatoes thoroughly and cut into wedges.
3. Place on an oven tray and lightly oil.
4. Bake for 20-25 minutes or until cooked and golden.



Send your ingredients to us today:  
[challengeachef@mya-consulting.co.uk](mailto:challengeachef@mya-consulting.co.uk)

#stayhome



#dotherightthing

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### Stewed Apple

#### Ingredients:

- 2x Apples
- Fruit cocktail juice
- Digestive biscuits

#### Method:

1. Decant and use the juice of a tin of fruit cocktail for a stewed apple.
2. Peel apples, take out core and cut into chunks.
3. Place in a pan and strain the juice of one tin of fruit cocktail into the pan.
4. Put on a medium heat until the apple starts to become soft and mushy.
5. Put in a bowl and crumble some digestive biscuits on top for texture.



### Ice Pops

#### Ingredients:

- 1 tin fruit cocktail mix + the drained mix from the stewed apples
- 100ml water

#### Method:

1. Blitz the fruit cocktail mix and water all together.
2. If you have a lollipop maker, decant into those or pour into egg cups using a teaspoon as a handle.

Or, if that doesn't take your fancy, you could pour them into ice trays and use them as fruit ice cubes for your drinks.



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