

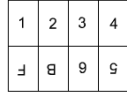
Simple Recipes for First-Time-Away-From-Home Cooks

Overleaf staff share their fav quick recipes



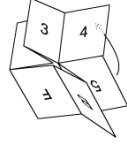
Folding Instructions

Note: All folds should be to the line. All folds should be to the actual edges of the page.

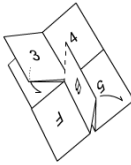


1. Start with front page at top left.

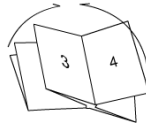
5. Fold in half vertically



4. Fold to opposite ends.



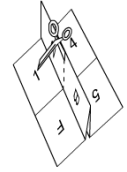
6. Fold in half horizontally



done, enjoy!



3. Cut at dotted line in center



PocketMod.com © 2005-2006

Directions

1. Peel potatoes.
2. Cut potatoes and onion into small cubes.
3. Add salt (to taste) to potatoes and fry them until they are lightly crunchy in olive oil.
4. About the last 5 mins of cooking add the onion to the potatoes. When tender, transfer potatoes and onion to papertowels to drain.

Ingredients

* 3 small potatoes * 4 eggs * 1 onion * salt * olive oil

Serves 2

Ready in 30 minutes

By diner524, <http://www.food.com/recipe/spanish-omelette-230338>

Spanish Omelette

5. Beat the eggs with a pinch of salt.
6. Lightly coat frying pan with olive oil. Add the eggs, potatoes and onions and cook over low heat, flipping omelette once to cook other side.



Photo by Lim c/shley ©
<https://www.flickr.com/photos/ashleyt/5832464093/>

> Cooking is a creative process, and this recipe lends itself to your creativity! Add spices, herbs, meats, veggies and cheese to your taste. This is just the base to a Spanish omelette!

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Spagbetti Bolognese

By Elizabeth Hammersley and Roz Holman

Prep time 10-15 minutes

Cooking time 35 minutes

Serves 6-8

Ingredients
 * 1 large onion diced * 2 cloves garlic crushed and diced * 1kg lean minced beef * 1 Bay leaf * 2 tablespoons plain flour (to thicken the sauce, optional) * 800g plum tomatoes (2 tins) * 400g mushrooms sliced * 3 or 4 tablespoons tomato puree * 2 oxo cubes (any sort)

Directions
 1. Sauté beef, onion and garlic in a large saucapan until meat is just starting to brown.

2. Sprinkle in the flour and stir well to coat the meat.
3. Add the carrots and continue to saute for 2 or 3 mins until meat is brown all over.
4. Add all the other ingredients and bring to the boil.
5. Rinse the tins out with a little water and add to the saucapan.
6. Turn the temperature down and allow to boil very gently for 30 mins to ensure the meat is cooked thoroughly.

Serve with boiled spaghetti (allow 75-100g dry pasta per person).



Photo by Ricit ©
<https://pikabay.com/en/spagbetti-bolognese-parmesan-eat-787048/>

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Directions

1. Preheat the oven to 375°F. Line a baking sheet with parchment paper and spray lightly with non-stick spray.
2. Whisk together the eggs, mustard and a splash of water until smooth; sprinkle with salt and pepper. Set aside.

Ingredients

* 2 large eggs * 1 teaspoon dijon mustard * 1 sheet frozen puff pastry, thawed but chilled * 12 slices bacon * 1/2 cup grated cheddar cheese * sesame seeds or poppy seeds (optional)

Serves 4

Ready in 30 minutes

By <http://www.foodnetwork.com/recipes/bobby-flay/bacon-cheddar-twists-with-soft-cooked-eggs>

Bacon Cheddar Twists

3. Dust a work surface with flour and roll out the puff pastry to a 10-by-14-inch rectangle with the shorter side facing you.
4. Spread the cheese over the top half of the dough, then fold the bottom half over the cheese half and roll lightly to seal.
5. Cut the dough vertically into 12 even strips; each strip will be slightly thinner than 1 inch.
6. Place a bacon strip on each pastry strip and twist the pastry and bacon together. Place the twists on the prepared baking sheet, pressing down the ends.
7. Brush the tops with some of the egg wash and sprinkle with salt and sesame seeds or poppy seeds (or both).
8. Bake until the pastry is golden brown and the bacon is crisp, 12 to 15 minutes. Remove the baking sheet to a rack and let cool for 5 minutes before removing.

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