

# kipper egg & leek gratin

cracking meals  
under £1 per portion



**Preparation: 10 mins**

**Cooking: 30 mins**

**Serves 4**

**2 (220g) packs boil in the bag kippers**

**4 large British Lion eggs**

**15ml/1 tbsp vegetable oil**

**2 leeks, trimmed, cleaned and sliced**

**450ml<sup>3</sup>/<sub>4</sub>pt milk**

**50g/2oz butter**

**3 tbsp plain flour**

**Salt and freshly ground black pepper**

**75g/3oz Cheddar cheese, grated**

**Toast triangles to serve**

1. Cook the kippers in boiling water for 15 mins or according to packet instructions. Drain and flake. Meanwhile, place the eggs in a medium pan, cover with water and bring to the boil. Simmer for 7 mins. Drain the eggs, then rinse in cold water. Tap the shells all over and peel away. Cut the eggs into quarters.

2. Heat the oil in a medium pan, add the leeks and sauté over a medium heat for 3 mins. Add 4 tbsp water; cover the pan and cook over a low heat for 3 mins or until just tender. Transfer to one large or four individual shallow ovenproof dishes.

3. Place the milk, butter and flour together in the same pan you cooked the leeks in. Gently heat, stirring with a wire whisk until the mixture boils and thickens. Reduce the heat and cook for 1 min. Season to taste and stir in half the cheese.

4. Add the kippers and eggs to the leeks, pour over the cheese sauce and lightly mix. Sprinkle over the remaining cheese and pop under a medium grill and cook for 3 mins or until golden and bubbling. Serve with toast triangles.

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