

Fab DAILY

ALL ABOUT YOU

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GRAB the tin opener – because all you need to make these delicious hearty meals by chef Theo Michaels, right, are some tinned ingredients and a few budget-friendly extras. And each portion costs less than a quid.

● Extracted by NATASHA HARDING from Canned, by Theo Michaels (published by Ryland Peters & Small, £18.99). Photography: Mowie Kay © Ryland Peters & Small.



QUICK CANNED MEALS FOR LESS THAN A QUID...



HARVEST PIE

THEO says: "My harvest pie is packed with canned lentils and vegetables and uses potato and leek soup to bring everything together for a hearty and savoury supper. If you were feeling exceptionally lazy, you can mix the filling directly in the pastry case and just top with a pastry lid, then pop into the oven for an even quicker fix."

(Serves 4 – £1 per portion)

YOU NEED:

500g own-brand ready-made puff pastry
1 egg, whisked
2 x 400g cans green lentils, drained and rinsed
400g can baby carrots and petit pois, drained and rinsed
400g can green beans, drained and rinsed
400g can potato and leek soup
25g plain flour, plus extra for dusting
15g butter, diced
1 tsp dried mixed herbs
1 tsp salt
½ tsp freshly ground black pepper
½ tsp curry powder

METHOD: Preheat the oven to 220C/200C fan/gas mark 7.

Cut the block of pastry in half and roll out one half on a floured work surface to about 3mm thick. Use this to line a 28cm x 20cm baking pan, allowing the pastry to overhang the top lip of the pan.

Line with baking parchment and baking beans (or raw rice) and blind bake in the preheated oven for 20 minutes.

Remove from the oven, remove the parchment and baking beans, then brush with some of the whisked egg and return to the oven for another five minutes.

In a mixing bowl, gently fold all the remaining ingredients together.

Pour into the baking pan on top of the cooked pastry and level out with the back of a spoon. Roll out the remaining pastry to cover the top, crimping around the edges to seal. Pierce the top with a sharp knife to help the steam release, brush with the remaining egg and season the top.

Bake in the oven for a further 30 minutes or until the top is golden.

Leave to rest for at least 15 minutes to allow filling to set before serving.



CREAMY TOMATO AND TUNA PASTA BAKE



THEO says: "I love how the cream of tomato soup softens the sauce, making it a little creamier than using regular canned tomatoes. Plus it's really quick – you just need to put it together and whack it in the oven! And to ring the changes, this recipe works equally well using cream of mushroom or asparagus soup (just leave out the tomato purée)."

(Serves 4 – 55p per portion)

YOU NEED:

360g dried fusilli or penne pasta
A splash of olive oil
1 onion, diced
2 garlic cloves, chopped
2 tbsp tomato purée
2 tsp dried mixed herbs or dried Oregano
Half a 150g can pitted black olives, drained
400g can cream of tomato soup
110g can tuna, drained
100g grated Cheddar cheese
150g mozzarella ball
Salt and freshly ground black pepper

METHOD: Preheat the oven to 220C/200C fan/gas mark 7. Cook the pasta

in a pan of salted boiling water for about eight minutes (undercook it by a minute or two).

Drain, reserving 125ml of the cooking water.

Meanwhile, heat a splash of olive oil in a large ovenproof pan and fry the onion for a few minutes until softened, then stir in the garlic for a moment.

Follow this with the tomato purée, dried herbs, olives and a generous seasoning of salt and freshly ground black pepper.

Pour in the can of soup, stir and let it simmer gently for a few minutes.

Tip the drained pasta into the sauce and stir to incorporate fully, then add the reserved pasta cooking water.

Crumble in the tuna, folding it in just enough to be fully coated – you don't want it obliterated in the sauce.

Scatter the grated Cheddar all over the top, then cut the mozzarella into five or six slices and lay them over the top. Then finish with a little drizzle of olive oil.

Pop into the preheated oven for ten minutes or until the cheese has fully melted, then serve.

PEACH, APRICOT AND PLUM CRUMBLE

THEO says: "This crumble can be put together in a flash, with whatever canned fruit you have, but I enjoy this combination in particular. The slight sharpness of the plums contrasts nicely with the sweetness of the peaches and apricots. In the colder months, steeping a little bag of mulled wine spices in the plum syrup adds lovely aromas and warming spice. Serve with canned custard or vanilla ice cream."

(Serves 6 – 62p per portion)

YOU NEED:

411g can peach slices
411g can apricot halves
567g can plums
80g demerara sugar
1 tbsp cornflour
1 tsp vanilla extract
A few drops of freshly squeezed lemon juice
200g plain flour
100g butter
30g rolled oats
400g can custard or vanilla ice cream, to serve

28 x 20cm/11in x 8in high-sided baking pan

METHOD: Preheat the oven to 220C/200C fan/gas mark 7.

Drain the peaches and apricots and put the fruit into the baking pan. Drain the plums, saving 150ml of the syrup in a bowl.

If using plums that contain their stone, use your hands to tear the plums in half to



remove these and drop the flesh into the baking pan with the rest of the fruit. Add just over half the sugar and mix together.

Add the cornflour, vanilla extract and lemon juice to the bowl containing the reserved plum syrup. Whisk together to combine (don't worry if you have a few small lumps of cornflour) and pour over the fruit. In a large mixing bowl add the flour

and remaining sugar and butter, then work it together with your fingertips to create a crumble mixture.

Once fully combined, fold through the oats and scatter the mixture over the top of the fruit.

Bake in the preheated oven for 30 minutes, then let it rest for five minutes before serving with custard or ice cream.

HAM AND CHEESE TORTILLA WITH PIQUANTE SALSA

THEO says: "I love the convenience of using canned potatoes and ham to whip up this tasty Spanish-style tortilla in half the time it would usually take. The best bit is no one even knows I've taken a few shortcuts."

(Serves 4 – 50p per portion)

YOU NEED:

A splash of olive oil
1 large red onion, sliced
4 eggs
60g grated Cheddar cheese
A sprig of fresh flat-leaf parsley, chopped
200g can Danish ham, cut into 1cm cubes
360g can new potatoes, drained and cut into 5mm thick slices
15g butter
Salt and freshly ground black pepper
Rustic bread, to serve

For the piquante pepper salsa: 100g jar piquante peppers, drained (reserve the juice)

A few slices of red onion (reserved from making the tortilla)
A sprig of fresh flat-leaf parsley, chopped
1 tablespoon tomato purée
Sugar or honey, to taste
2 tsp olive oil

20cm/8in ovenproof frying pan

Method: Preheat the oven to 220C/200C fan/gas mark 7.

Heat a splash of olive oil in the frying pan. Set aside a few onion slices for the salsa. Add the rest to

the pan and fry over a low heat for about eight minutes until soft and golden.

Whisk the eggs in a bowl and fold through the grated cheese and chopped parsley. Once the onion is ready, fold it into the bowl of whisked eggs. Using the same pan, fry the ham for a few minutes to give it a little colour, then add the potatoes to warm them through.

Season generously, then fold them into the eggs as well.

Wipe the pan if it is sticky. Add the butter, return the pan to the heat and, once foaming, pour in the egg mixture. Leave to cook for a few minutes until you can pull the edges of the tortilla away from the edge of the pan a little (it will still be raw on top), then pop into the preheated oven for five minutes.

Remove the pan from the oven, place a plate on top and holding the plate in place, flip the pan over so the tortilla rests upside down on the plate. Now slide it back into the pan (you've flipped the tortilla to cook the top of it in the pan).

Cook for a few more minutes in the oven, then leave to rest while you make the salsa.

To do this, dice the piquante peppers, reserved onion and parsley and mix together in a bowl.

Stir in the tomato purée, olive oil, plus a tablespoon of juice from the jar of peppers. Sweeten to taste with sugar or honey. Serve the tortilla in slices with a little of the salsa spooned over the top and with rustic bread on the side.

CORNED BEEF SHAKSHUKA

THEO says: "I remember having corned beef hash as a kid. This recipe is really a fusion of that throwback brunch, with the more recent darling of brunch menus, shakshuka (with good reason – it's delicious). A little crumbled feta over the top as it comes out of the oven is nice if you fancy it."

(Serves 4 – 93p per portion)

YOU NEED:

360g can new potatoes, cut into 2½cm cubes
1 red onion, diced
½ small fresh red chilli, chopped
A splash of olive oil, plus extra for drizzling
1 tbsp Worcestershire sauce
A pinch of ground cumin
200g can corned beef, roughly chopped
½ x 400g can cherry tomatoes (about 12 tomatoes plus some juice)
4 eggs
A handful of chopped flat-leaf parsley, to garnish
100g crumbled feta cheese, to serve (optional)
Salt and freshly ground black pepper

METHOD: Preheat the oven to 220C/200C fan/gas mark 7. Fry the potatoes, onion and chopped chilli in a splash of olive oil in a large ovenproof frying pan for a couple of minutes over a high heat (the potatoes won't take on colour, but that's OK).

Once the onion has softened, sprinkle in the Worcestershire sauce and ground cumin and season generously with freshly ground black pepper and a small pinch of salt.

Fold in the corned beef, breaking it up a little in the pan and incorporating it into the other ingredients. Dot the cherry tomatoes around the pan and drizzle over a couple of tablespoons of the juice.

Make four small "pockets" in the mixture and crack an egg into each one.

Leave on the heat for a minute to help cook the undersides of the eggs, drizzle over some olive oil, then place the whole pan in the preheated oven for six minutes or until the tops of the eggs have just solidified.

Remove the pan from the oven (remember the handle will be hot), garnish with chopped parsley and serve straight away at the table.

If you wish, crumble the feta over the top just before serving to give a nice contrast to the dish.



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