**Spiced Carrot and Lentil Soup – serves 4**

2 teaspoons ground cumin

A pinch of chilli flakes

2 tablespoons [olive oil](https://www.bbcgoodfood.com/glossary/olive-oil)

600g [carrots](https://www.bbcgoodfood.com/glossary/carrot), washed and coarsely grated

140g split red lentils

1l hot vegetable stock

125ml coconut [milk](https://www.bbcgoodfood.com/glossary/milk)

Plain [yogurt](https://www.bbcgoodfood.com/glossary/yogurt) and naan bread, to serve

Heat the oil in a large [saucepan](https://www.bbcgoodfood.com/content/five-best-saucepans) and add the carrots, lentils, stock and the coconut milk and bring to the boil. Simmer for 15 minutes until the lentils have swollen and softened. Whizz the soup with a [stick blender](https://www.bbcgoodfood.com/content/top-five-hand-blenders) and season to taste before serving with a dollop of plain yogurt and the warm naan breads.

**Egg and Bacon Breakfast Bake – serves 8**

8 rashers smoked back bacon, roughly chopped

1 leek, finely sliced

25g butter

150g grated cheese

8 croissants, torn into thirds

100g cherry tomatoes, halved

8 medium eggs

100ml double cream

100ml milk

2 teaspoons Dijon mustard

Dry-fry the bacon in a frying pan until starting to crisp up. Add a little butter to the pan and sauté the leeks. Tip into a greased dish about 23cm x 30cm, keeping a few bacon bits back for the topping. Scatter in two-thirds of the cheese and add the torn croissants and tomatoes. In a jug, beat together the eggs and milk, mustard plus seasoning. Pre-heat the oven to 200C. Pour the egg mixture over the croissants and scatter with the rest of the cheese, and the reserved bacon bits. Leave to stand for 10-15 minutes to allow the croissants to soak up some liquid. Put in the oven for about 15 minutes until puffed up and starting to crisp – there still needs to be a slight wobble in the middle. Allow to sit for 5 minutes before serving.

**Spinach and Pea Egg Fried Rice – serves 2**

2 tablespoons oil (sunflower, sesame, vegetable)

1 small red onion, diced

100g frozen peas, defrosted

250g cooked white or brown rice

3 tablespoons soy sauce

1 teaspoon Chinese five spice

100g shredded spinach

3 large eggs

In a large wok set over low heat, heat 1 tablespoon of the oil. Stir in the onions, stirring for 2 to 3 minutes. Stir in the rice, soy sauce and five spice, spinach and peas, cooking for 2 to 3 more minutes to fry the rice. Whisk the eggs in a bowl. Pour them into the wok and stir quickly, tossing through the rice and vegetables. Check seasoning and serve hot.