



TO REALLY START YOUR DAY OFF GREAT POP SOME EGGS ON TO YOUR PLATE



FRIED EGGS

INGREDIENTS

- 1 - 2 eggs per person
- 1 x Tsp Oil (Olive, Rice or Vegetable - or a quick spray of cooking spray if you prefer)
- Toast - to serve
- Salt and Pepper

METHOD

Add oil into a heavy non stick frypan and heat on a medium setting for 1-2 mins.

Crack the egg(s) into the pan carefully. Gently fry on a medium heat until cooked to your liking. (For easy over style flip the egg when half cooked until the yolk is set).

Serve on fresh made toast and sprinkle with a pinch of salt and pepper to your taste.



PERFECT POACHED EGGS

INGREDIENTS

- 2 eggs per person
- 2 Tbsp white vinegar
- 1 Toasted bread or English muffin to serve

METHOD

Fill a large shallow frying pan with water 3 - 4 cm deep and heat to a rolling boil.

Add vinegar.

Break an egg into a small cup and reduce to a low heat.

Gently pour the egg into the water and repeat with additional eggs.

Cook gently for 3 - 5 minutes, until cooked to your liking, or when the yolk is set and the white is almost firm.

Lift the eggs out using a slotted spoon or fish slice and drain.



PERFECT BOILED EGGS

INGREDIENTS

- 2 Large eggs

METHOD

Put eggs in a saucepan and cover with cold water, place on the element and heat until the water starts to boil. Leave the pot on the stove but turn the element off.

Set the timer and cook until they're just the way you like them; As a guide, 3-4 minutes for runny eggs, 5-6 minutes for soft eggs, and 8 - 9 minutes for hard boiled eggs.

They can be stored in the fridge for a few days in their shells once cooked and to be used when required.



CLASSIC SCRAMBLED EGGS

INGREDIENTS

- 4 Eggs
- 1/2 cup milk
- 1 Pinch salt
- 1 Pinch freshly ground black pepper
- 1 tablespoon butter

METHOD

Beat the eggs, milk, salt and pepper together in a bowl.

Melt the butter in a frypan. Pour in the egg mixture.

Cook over a low heat. Lift and turn the mixture with a spoon, keeping it in large soft masses.

When set, serve on hot toast and garnish with chopped fresh parsley or herbs, to your taste.



FOR EXTRA ENERGY IN YOUR LEGS YOU CAN'T GO PAST DELICIOUS EGGS!



MICROWAVE SCRAMBLED EGGS

INGREDIENTS

- 2 Eggs
- 2 Tablespoons of Trim milk
- Pinch salt
- Pinch freshly ground black pepper

METHOD

Beat 2 eggs with 2 tablespoons low-fat milk in a microwave-safe coffee cup or bowl.

Beat well so yolks and white are well mixed.

Microwave on MEDIUM-HIGH for 45 seconds, stir and cook for another 45 – 75 seconds, stirring several times during cooking.

Cover and let stand for 30 seconds to 1 minute before serving. The eggs will look slightly moist, but will finish cooking upon standing.

While eggs are cooking, toast your toast.

Serve immediately



40 SECOND OMELETTE

INGREDIENTS

- 2 x size 7 eggs
- 2 Tbsp of water
- Salt and pepper
- Tbsp butter or margarine
- ½ cup filling of your choice (see below)

METHOD

Beat eggs and water together until blended, adding salt and pepper to taste. In a non stick pan, heat butter or margarine until it sizzles. Pour in egg mixture.

Pull the cooked portions of egg from the perimeter of the pan to the centre. Do this until the egg is set and will not flow. Sprinkle the filling on side side of the egg.

Fold the unfilled side over the filled side.

Invert the pan so the omelette falls upside down onto the plate.

HALF A DOZEN REASONS TO LOVE EGGS

PROTEIN

Did you know eggs have 6 grams of high-quality protein? And did you know a protein-packed breakfast helps sustain mental and physical energy throughout the day? That's good news, especially if you're a body-building chess champion.

ZERO CARBS NO SUGAR

Eggs contain zero carbs and no sugar. That means you can eat a well-rounded breakfast during the week without feeling round yourself.

VITAMINS AND MINERALS

Eggs are packed with over 11 different essential vitamins and minerals .Seems like a lot but remember - they ARE essential.

ANTIOXIDANTS

Eggs contain both lutein and zeaxanthin, the weirdly named antioxidants which help maintain healthy eyesight.

NO GLUTEN? NO PROBLEM

Let's not forget that eggs are naturally gluten-free. Always have been, always will be. And that's awesome because there isn't exactly a glut of gluten-free breakfast options.

FOOD FOR THOUGHT

Eggs don't come with a complicated, jam-packed ingredient list because they only contain one ingredient. It's called "eggs." And eggs are the least expensive source of high-quality protein.



Eggs are packed full of natural vitamins and minerals so essential for maintaining good health for all ages, and natural protein to keep you fuller longer. For more delicious recipes, free e-recipe book, how to videos, health and nutritional information visit www.eggs.org.nz