

Tasty, Quick and Healthy

POPULAR RECIPE IDEAS FOR YOUNG FAMILIES

Microwave Scrambled Eggs

Ingredients

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

Method

- 1 Beat 2 eggs with 2 tablespoons low-fat milk in a microwave-safe coffee cup or bowl.
- 2 Beat well so yolks and white are well mixed.
- 3 Cover with plastic wrap (NB leave a small gap as a steam vent).
- 4 Microwave on MEDIUM-HIGH for 45 seconds, stir and cook for another 45 – 75 seconds, stirring several times during cooking. (Note: Cooking time will vary dependent on your microwave wattage).
- 5 Cover and let stand for 30 seconds to 1 minute before serving.
- 6 The eggs will look slightly moist, but will finish cooking upon standing.
- 7 While eggs are cooking, toast your toast.
- 8 Serve immediately.



Serves 1

Mini Frittatas

Ingredients

1 Tbsp butter
1 Onion, chopped
1 Clove garlic, crushed
2 Slices ham, chopped
½ Fresh red chilli, finely chopped
1 Red capsicum, finely chopped
2 Spring onions, chopped
½ cup Fresh parsley, finely chopped
4 Eggs
¾ cup of milk
30g Tasty or cheddar cheese, grated

Method

- 1 Heat oven to 180°C.
- 2 Melt butter in a large frying pan and cook onion, garlic, ham, chilli, red capsicum and spring onions over a medium heat for 3–4 minutes or until onion is soft.
- 3 Stir in parsley, remove pan from heat and set aside to cool for 10 minutes.
- 4 Place eggs, milk and cheese in a bowl and mix to combine.
- 5 Stir in ham mixture.
- 6 Divide mixture between four 10cm lightly greased flan dishes and bake for 20–25 minutes or until set.



Serves 6-12

French Toast Eggy Bread

Ingredients

4 Eggs
4 Tbsp Milk
1 Pinch of cinnamon
1-2 Tbsp margarine
6-8 Slices toast bread
Optional: Fresh fruit to serve eg. blueberries

Method

- 1 Mix 4 eggs and 4 tablespoons milk in a bowl with a pinch of cinnamon. Mix well.
- 2 Cut 6 to 8 thick toast slices of bread – these can then be cut into halves or triangles if you wish.
- 3 Heat a little margarine in a non-stick frypan over a medium heat.
- 4 Dip bread one piece at a time into the egg and milk mixture. Coat both sides well.
- 5 Put coated bread into fry pan and cook for 2 to 3 minutes on each side – or until golden.
- 6 You should be able to cook 2-4 pieces at a time depending on the size of your pan.
- 7 Repeat with remaining slices of bread (add a little more of the margarine if needed between batches).
- 8 Serve warm with fresh or tinned fruit and a spoon of yoghurt, or with sliced banana and runny honey.
- 9 For a special treat, serve with sliced banana and lean bacon.



Serves 3-4

Boiled Eggs

Ingredients

1 Egg per person
Toast to serve

Method

- 1 Put eggs in a saucepan and cover with cold water, place on the element and heat until the water starts to boil.
- 2 Leave the pot on the stove. Turn the element off.
- 3 Set the timer and let them 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.
- 4 Remove runny eggs from the water with a slotted spoon and serve in egg cups with toast.

Tips: Serve hard boiled eggs by draining the water from the eggs and cooling the eggs quickly under cold running water. Crack the eggs all over and peel in the saucepan or under running water. For salads it is personal a taste... some like them slightly runny, or hard. Boiled eggs can be stored in the fridge for a few days in their shells once cooked to be used when required.

Notes: Cooling the eggs quickly stops them from over-cooking and helps prevent a grey ring appearing round the yolk.



Serves 1

Banana Pancakes

Ingredients

- 1 medium size ripe banana
- 2 size 7 eggs

Method

- 1 Heat a frying pan with a little oil or butter
- 2 Meanwhile mash the banana in a bowl. Crack the eggs into the bowl and blend with a fork.
- 3 Spoon pancake mixture into the pan. Swirl around to make a pancake.
- 4 Cook for about 2 minutes on each side or until golden brown.
- 5 Serve on their own for breakfast or as a light lunch or afternoon snack.
- 6 Great with fresh or canned fruit, yoghurt or bacon.

Notes: Get super indulgent by adding cinnamon, vanilla essence, coconut threads or chocolate chips.



Serves 1-2

Mini Bacon & Egg Pies

Ingredients

- 12 Size 7 Eggs + 1 extra egg to wash the pastry
- 1kg puff pastry sheets (shortcrust works well too)
- 150g of bacon, chopped
- Salt and pepper to taste
- ½ tsp Oil or butter to grease the muffin tray

Method

- 1 Heat oven to 200° C. Line the individual muffin tray cups with pastry.
- 2 Sprinkle half of the bacon onto pastry in the tray.
- 3 Crack 1 egg directly into each pie or beat the eggs together in a jug and divide the mixture evenly between the pies.
- 4 Sprinkle the remaining bacon on top of the egg.
- 5 Cut rings of pastry to go on top, and brush with egg wash.
- 6 Prick a few holes in the lid.
- 7 Bake in the middle of the oven for 25 mins or until cooked.

Notes: You can make these individual pies any size you like to suit your muffin tray. Cooking time may vary depending on the size of your pies. Add a little spring onion, peas or cheese into the eggs mix to suit your own taste.



Serves 12

Bacon & Egg Pie

Ingredients

- 8 Eggs
- 1/2 cup bacon, chopped
- 1 spring onion, chopped
- 1 egg yolk beaten with a tablespoon of water
- Salt and pepper to taste
- 400g block (or sheets) of store bought puff pastry

Method

- 1 A 20.5 x 20.5cm cake pan, or a round 23cm metal pie dish is ideal.
- 2 Preheat oven to 200°C. Roll out two thirds of the pastry on a floured bench to line a shallow greased 23cm pie tin. Scatter over spring onion and half of the bacon, break in the eggs and season, then scatter on the remaining bacon.
- 3 Roll out the remaining pastry to make a lid. Crimp the pastry edges together with your fingers and trim off any excess.
- 4 Cut four small vents in the pastry lid with a sharp knife. Brush with beaten egg mix and bake 35 - 40 minutes until rich golden brown and crispy. Serve warm - or cold.



Serves 4-6

Cheesy Bundles

Ingredients

- 6 eggs
- 200 grams grated cheese
- 200 grams finely chopped onion
- 200 grams grated zucchini
- 150 grams finely chopped red capsicum
- 200 grams chopped bacon
- 1 cup chopped parsley
- 2 pinches black pepper

Method

- 1 Pre Heat oven to 170°C.
- 2 Chop the bacon and dry fry it gently, with the onion in a pan. Stir frequently, cooking until the bacon is cooked and the onions are softened.
- 3 Meanwhile add the grated cheese, grated zucchini and diced red capsicum to a mixing bowl.
- 4 Add the cooked bacon and onion. Add 6 eggs, a handful of chopped parsley and black pepper.
- 5 Mix all of the ingredients to combine well.
- 6 Grease a mini muffin tin with a little cooking oil. Using a jug or ladle fill the muffin tin holes with the mixture to just below the rim.
- 7 Bake for about 20mins, or until set.
- 8 Allow to cool then tip the bundles out onto a tray or plate.

Note: They can be frozen for up to 3 months, and simply defrosted as required for lunch boxes or picnics.



Serves 4-6