

Eggs four ways

Lunch

Breakfast

Dinner

Snack



poached



boiled



fried



scrambled

Poached egg

1. Fill a pan or low saucepan with 3/4 water and bring to a simmer
2. Once simmering, crack eggs into water
3. Cook eggs for 3-4 minutes until whites are set and yolk is runny. Cook for an extra 1-2 minutes for less runny yolk.
4. Using a spatula or slotted spoon, remove eggs and serve.

Boiled egg

1. Half fill a saucepan with cold water and place eggs inside.
2. Place saucepan over medium-high heat. Once water begins to simmer, set your timer.
Soft Boiled: Simmer for 4 minutes
Hard boiled: Simmer for 8 minutes
3. Once cooked, remove the egg shell and cool by placing eggs under cold water for 30 seconds.

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Fried egg

1. In a oiled/ buttered pan, crack eggs
2. Cook for 3 minutes, or until whites are set.
3. Using a spatula, flip egg. Cook for further 30 seconds. For a less runny yolk, cook for an extra 30 seconds.
4. Remove from pan and serve.

Scrambled egg

1. Crack eggs in a bowl.
2. Add 2 Tbsp milk, salt and pepper and lightly whisk with fork.

Pan:

In a lightly oiled/ buttered pan, pour in eggs. Using a spatula to gently move eggs around the pan for approximately 2-3 mins until fluffy and cooked

Microwave:

In a microwave safe bowl, cook on HIGH for 90 seconds, stirring every 30 seconds.