

Poached	egg
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- 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 mediumhigh heat. Once water begins to simmer, set your timer.

Soft Boiled: Simmer for 4 minutes

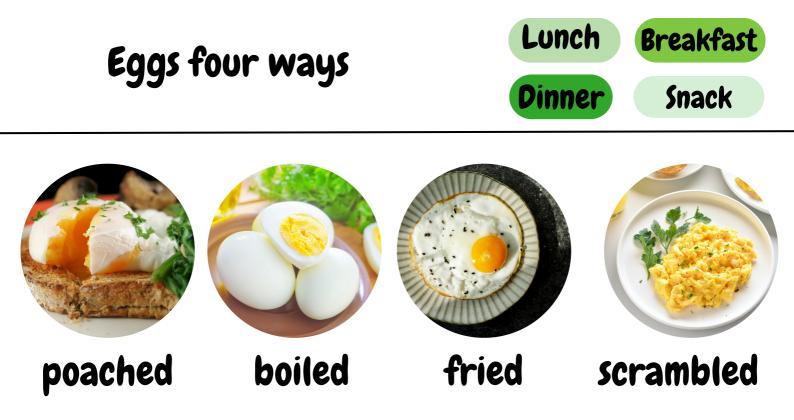
Hard boiled: Simmer for 8 minutes

3. Once cooked, remove the egg shell and cool by placing eggs under cold water for 30 seconds.

This recipe was created by Food for All- Swan Hill Region



To find more resources go to: https://www.foodforall.community/



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

FOOD FOR ALL

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every 30 seconds.