

Eggs



Store

Keep eggs refrigerated.

Cook

Can be:



Boiled

Place eggs in a saucepan of water. Bring to the boil
Simmer 2½ minutes for runny eggs or continue to boil:
3-4 minutes soft eggs
7-8 minutes hard boiled eggs
Timings are a guide only



Poached

Bring pot of water to boil.
Reduce the heat until the water is simmering, carefully crack eggs directly into water.
Allow the egg to set around the yolk. The egg should float to the top when the white is set.
Use a large spoon to remove the egg from the water, drain.



Scrambled

Beat eggs, milk and pepper together in a bowl.
Add oil in fry pan.
Pour in the egg mixture and cook over a low heat.
Lift and turn the mixture with a spoon, until set.

Tip: The easiest way to peel hard boiled eggs is under running cold water.



Chilli beans with eggs

(serves 4)

Ingredients

1 tablespoon oil
1 onion, diced
1 can chilli beans
1 can chopped tomatoes or
4 tomatoes chopped
2 cups corn kernels
1 green capsicum, sliced
4 eggs

Method



1 Heat oil in a large pan. Add chopped onion and cook until soft.



2 Add chilli beans, tomatoes, corn and capsicum and cook until the sauce has reduced and thickened.



3 Make 4 holes in the mixture and break an egg into each.



4 Cover with a lid and cook over low heat until the eggs are cooked, 7-10 minutes. Serve with brown rice

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