

Eggs – poached

Available

All year round.

Buy

Check each egg inside the carton.
Eggs should be clean and free from cracks.

Store

In the fridge.



Prepare



Half fill a pot with water.
Add about 1 tablespoon
vinegar per litre of water.



Bring the water to
boil. Reduce heat until
simmering.



Carefully crack the
egg into a cup.



Slowly slide the egg
into simmering water.



Allow the egg white 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.



Serve on wholemeal
toast or steamed
seasonal vegetables.



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.

For more easy, fast and affordable food ideas visit healthykids.org.nz/eat/recipes, vegetables.co.nz or heartfoundation.org.nz/recipes



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