

# TASTY, QUICK AND HEALTHY

iLOVE  
eggs

RECIPES AND MEAL IDEAS FOR 1-2 PEOPLE

## CLASSIC SCRAMBLED

Serves 2

### Ingredients

- 4 Eggs
- 1/2 cup milk
- 1 Pinch salt
- 1 Pinch freshly ground black pepper
- 1 tablespoon butter



### Method

- 1 Beat the eggs, milk, salt and pepper together in a bowl.
- 2 Melt the butter in a frypan. Pour in the egg mixture.
- 3 Cook over a low heat. Lift and turn the mixture with a spoon, keeping it in large soft masses.
- 4 When set, serve on hot toast and garnish with chopped fresh parsley or herbs, to your taste.
- 5 For a delicious variation arrange 200g of smoked salmon pieces on top of the scrambled eggs as the mixture begins to set.
- 6 Alternatively, sprinkle 2 tablespoons of roughly chopped, roasted pinenuts over the scrambled eggs as the mixture begins to set.



## PERFECT POACHED EGGS

Serves 1

### Ingredients

- 2 eggs per person
- 2 Tbsp white vinegar
- 1 Toasted bread or English muffin to serve



### Method

- 1 Fill a large shallow frying pan with water 3 - 4 cm deep and heat to a rolling boil.
- 2 Add vinegar.
- 3 Break an egg into a small cup and reduce to a low heat.
- 4 Gently pour the egg into the water and repeat with additional eggs.
- 5 Cook gently for 3 - 5 minutes, until cooked to your liking, or when the yolk is set and the white is almost firm.
- 6 Lift the eggs out using a slotted spoon or fish slice and drain.
- 7 You can pat the spoon on top of a paper towel or tea towel to help this process.



## 40 SECOND OMELETTE

Serves 1

### Ingredients

- 2 x Grade 7 eggs
- 2 Tbsp of water
- Salt and pepper
- Tbsp butter or margarine
- 1/2 cup filling of your choice



### Method

- 1 Beat eggs and water together until blended, adding salt and pepper to taste.
- 2 In a 26cm non stick pan, heat butter or margarine until it sizzles - but not burnt.
- 3 Pour in egg mixture.
- 4 With an inverted spatula, pull the cooked portions of egg from the perimeter of the pan to the centre so any uncooked egg can run into the cleared hot pan surface. Do this until the egg is set and will not flow. Don't cook it until it's dry! The moist egg will finish cooking when the omelette is folded over.
- 5 Sprinkle all of the filling on the left side of the egg



## CAESAR SALAD

Serves 1-2

### Ingredients

- 1 head romaine lettuce
- 180 ml extra virgin olive oil
- 45 ml red wine vinegar
- 5 ml Worcestershire sauce
- 3g salt, 2g ground mustard
- 1 clove crushed garlic
- 2 Size 7 eggs
- 1 lemon, juiced
- freshly ground black pepper
- 20g grated Parmesan cheese
- 170g garlic croutons
- 45g anchovy filets
- 2 small tomatoes (optional)

### Method

- 1 Clean lettuce thoroughly and refrigerate until crisp.
- 3 Combine oil, vinegar, Worcestershire sauce, salt, mustard, garlic and lemon juice. Whisk until well blended.
- 4 Coddle egg by heating 3 cups of water to boiling. Drop in egg (still in shell) and let stand for 1 minute.
- 5 Once cooled crack open and whisk egg into dressing until thoroughly blended.
- 6 Mash desired amount of anchovies and whisk them into the dressing.
- 7 To assemble, place torn lettuce leaves into a large bowl. Pour dressing over the top and toss lightly. Add the grated cheese, croutons, tomatoes, and freshly ground pepper. Toss lightly. Serve immediately



# EASY CARBONARA

Serves 1

## Ingredients

Spaghetti or other pasta - enough for the number of people you are serving  
2 eggs  
1 egg yolks  
1/2 cup freshly grated parmesan  
1 tsp salt  
1-2 rashers of rindless bacon  
Freshly ground black pepper

## Method

- 1 Cook pasta in plenty of hot salted water.
- 2 While pasta cooks, combine eggs in a bowl
- 3 Cook bacon in a deep pan.
- 4 When pasta is cooked, drain and return to the pan with the cooked bacon in it.
- 5 Remove from the heat.
- 6 Pour the egg mixture over the pasta and gently stir to combine.
- 7 Finish with a generous grind of black pepper.
- 8 Leave to stand for 1 min.
- 9 Serve with grated parmesan and a sprinkle of parsley on top.



# BACON & EGG BUNDLES

Serves 2-4

## Ingredients

4 eggs  
4 rashers of middle bacon



## Method

- 1 Heat your oven to 160°C.
- 1 Wrap one piece of bacon around the inside of a medium muffin cup.
- 1 Repeat with the remaining bacon and bake for 4 minutes.
- 1 Remove from the oven and crack an egg into each cup.
- 1 Bake for 12 - 18 minutes or until the whites are set but the yolks are still runny.
- 1 Rest on a cooling tray or chopping board and serve while still warm.
- 1 Garnish with chopped herbs
- 1 Serve on their own or with toast, beans or relish



# SUPER SUNDAY SCRAMBLE

Serves 2

## Ingredients

4 eggs  
2 Tbsp oil  
2 medium potatoes, scrubbed and cubed  
1/2 bunch spring onions, sliced  
2 sausages, pricked  
2 rashers of bacon (rind removed)  
2 tomatoes, halved  
Salt and pepper  
Fresh Parsley to decorate



## Method

- 1 Preheat the grill. Bring potatoes to the boil and simmer for 3 minutes.
- 3 Break the eggs into a bowl, season with salt and pepper and whisk well with a fork to mix.
- 4 While the potatoes are cooking, grill the sausages, bacon and tomatoes. Drain potatoes and return to the heat for a minute to dry out. When the bacon is cooked cut into chunks.
- 5 Heat the oil in a large frying pan and cook the potatoes until golden.
- 6 When the sausages are cooked, slice diagonally into chunks and add to the pan with potatoes.
- 7 Stir in the spring onions and continue cooking for a few minutes until the potatoes are well cooked. Reduce heat and pour in the eggs.
- 8 Gently scramble the eggs and when set, pile the sausage scramble onto warm plates, add grilled tomatoes and top with crispy bacon to serve.



# EASY MINI FRITTATAS

Serves 2-4

## Ingredients

1 Tbsp butter  
1 Onion, chopped  
1 Clove garlic, crushed  
2 slices ham, chopped  
1/2 fresh red chilli, finely chopped  
1 Red capsicum, finely chopped  
2 spring onions, chopped  
1/2 cup fresh parsley, finely chopped  
4 Eggs  
3/4 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 lightly greased flan dishes and bake for 20-25 minutes or until set.
- 7 Freeze leftover frittatas individually



Eggs are packed full of natural vitamins and minerals so essential for maintaining good health for all ages, and natural protein to keep you fuller longer. For more delicious recipes, free e-recipe book, how to videos, health and nutritional information visit [www.eggs.org.nz](http://www.eggs.org.nz)