

Microwave Scrambled Eggs

Ingredients

- 2 Eggs
- 2 Tablespoons of Trim milk
- Pinch salt
- Pinch freshly ground black pepper

Method

- 1 Beat 2 eggs with 2 tablespoons low-fat milk in a microwave-safe coffee cup or bowl.
- 2 Beat well so yolks and white are well mixed.
- 3 Cover with plastic wrap (NB leave a small gap as a steam vent).
- 4 Microwave on MEDIUM-HIGH for 45 seconds, stir and cook for another 45 – 75 seconds, stirring several times during cooking. *(Note: Cooking time will vary dependent on your microwave wattage).*
- 5 Cover and let stand for 30 seconds to 1 minute before serving.
- 6 The eggs will look slightly moist, but will finish cooking upon standing.
- 7 While eggs are cooking, toast your toast.
- 8 Serve immediately.



Serves 1

Mini Frittatas

Ingredients

- 1 Tbsp butter
- 1 Onion, chopped
- 1 Clove garlic, crushed
- 2 Slices ham, chopped
- ½ Fresh red chilli, finely chopped
- 1 Red capsicum, finely chopped
- 2 Spring onions, chopped
- ½ cup Fresh parsley, finely chopped
- 4 Eggs
- ¾ 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 four 10cm lightly greased flan dishes and bake for 20–25 minutes or until set.



Serves 6–12

French Toast – Eggy Bread

Ingredients

- 4 Eggs
- 4 Tbsp Milk
- 1 Pinch of cinnamon
- 1–2 Tbsp margarine
- 6–8 Slices toast bread
- Optional: Fresh fruit to serve eg. blueberries*

Method

- 1 Mix 4 eggs and 4 tablespoons milk in a bowl with a pinch of cinnamon. Mix well.
- 2 Cut 6 to 8 thick toast slices of bread – these can then be cut into halves or triangles if you wish.
- 3 Heat a little margarine in a non-stick frypan over a medium heat.
- 4 Dip bread one piece at a time into the egg and milk mixture. Coat both sides well.
- 5 Put coated bread into fry pan and cook for 2 to 3 minutes on each side – or until golden.
- 6 You should be able to cook 2–4 pieces at a time depending on the size of your pan.
- 7 Repeat with remaining slices of bread (add a little more of the margarine if needed between batches).
- 8 Serve warm with fresh or tinned fruit and a spoon of yoghurt, or with sliced banana and runny honey.
- 9 For a special treat, serve with sliced banana and lean bacon.



Serves 3–4

Perfect Boiled Eggs

Ingredients

1 Egg per person
Toast to serve

Method

- 1 Put eggs in a saucepan and cover with cold water, place on the element and heat until the water starts to boil.
- 2 Leave the pot on the stove. Turn the element off.
- 3 Set the timer and let them cook until they're just the way you like them; as a guide, 3–4 minutes for runny eggs, 5–6 minutes for soft eggs, and 8–9 minutes for hard boiled eggs.
- 4 Remove runny eggs from the water with a slotted spoon and serve in egg cups with toast.

Tips: Serve hard boiled eggs by draining the water from the eggs and cooling the eggs quickly under cold running water. Crack the eggs all over and peel in the saucepan or under running water. For salads it is personal a taste... some like them slightly runny, or hard. Boiled eggs can be stored in the fridge for a few days in their shells once cooked to be used when required.

Notes: Cooling the eggs quickly stops them from over-cooking and helps prevent a grey ring appearing round the yolk.



Serves 1

Banana Pancakes

Ingredients

Spaghetti or other pasta – enough for the number of people you are serving
8 Eggs
5 Egg yolks
1 cup Freshly grated parmesan
1 tsp Salt
3–4 Rashers of rindless bacon
Freshly ground black pepper

Method

- 1 Heat a frying pan with a little oil or butter
- 2 Meanwhile mash the banana in a bowl. Crack the eggs into the bowl and blend with a fork.
- 3 Spoon pancake mixture into the pan. Swirl around to make a pancake.
- 4 Cook for about 2 minutes on each side or until golden brown.
- 5 Serve on their own for breakfast or as a light lunch or afternoon snack.
- 6 Great with fresh or canned fruit, yoghurt or bacon.

Notes: Get super indulgent by adding cinnamon, vanilla essence, coconut threads or chocolate chips.



Serves 1–2

Mini Bacon & Egg Pies

Ingredients

12 Size 7 Eggs + 1 extra egg to wash the pastry
1kg puff pastry sheets (shortcrust works well too)
150g of bacon, chopped
Salt and pepper to taste
½ tsp Oil or butter to grease the muffin tray

Method

- 1 Heat oven to 200° C. Line the individual muffin tray cups with pastry.
- 2 Sprinkle half of the bacon onto pastry in the tray.
- 3 Crack 1 egg directly into each pie or beat the eggs together in a jug and divide the mixture evenly between the pies.
- 4 Sprinkle the remaining bacon on top of the egg.
- 5 Cut rings of pastry to go on top, and brush with egg wash.
- 6 Prick a few holes in the lid.
- 7 Bake in the middle of the oven for 25 mins or until cooked.

Notes: You can make these individual pies any size you like to suit your muffin tray. Cooking time may vary depending on the size of your pies. Add a little spring onion, peas or cheese into the eggs mix to suit your own taste.



Serves 12

3 Egg Omelette

Ingredients

½ Onion finely chopped
4 Medium size mushrooms, sliced
1 Courgette sliced
1 Small red capsicum finely sliced
½ Can of chick peas or other beans
½ cup Grated cheese
Salt & pepper

Method

- 1 Fry all of the ingredients except the eggs and cheese in a 26cm pan or similar until cooked.
- 2 Season with salt & pepper. Meanwhile mix the eggs together in a bowl with 2 tables spoons of water.
- 3 Add the half of grated cheese to the egg mixture and pour over cooked vegetables.
- 4 Cook on a medium/high heat. While the egg is cooking pull the egg mixture towards the centre of the pan with a spatula and tilt the pan so that the runny egg fills the hole you've made.
- 5 Repeat this a few time so that the egg mixture cooks evenly. Once the egg is nearly set - but still a little moist- fold the omelette in half. Then with pan in one hand and plate in the other tip the omelette upside down onto the plate.
- 6 Top with remaining cheese and serve with a salad, potatoes or vegetable of your choice
- 7 This is an Egg Guy favourite for dinner time but is great when ever you fancy



Serves 1–2



Eggs are packed with natural vitamins and minerals so essential for good health, and protein to keep the family fuller for longer. For more delicious recipes, how to videos, and nutritional information visit www.eggs.org.nz