

Breakfast Bonanza

Eggcellent Eggs



Perfect Poached Eggs (Serves 2)

Ingredients

2 eggs
1 wholemeal bagel
8 cherry tomatoes

Equipment

Frying pan, chopping board, grill, grill pan, kettle, knife, slotted spoon

Method

1. Fill the frying pan with 1 inch of boiling water from the kettle
2. Bring to a gentle simmer
3. Break the egg into the water and allow to simmer for one minute
4. Remove the pan from the heat and allow to sit for 10 minutes
5. Slice the bagel and tomatoes in half and place under the grill until the bagel is golden and the tomatoes begin to soften and colour
6. Use the slotted spoon to remove the egg from the water, place onto kitchen paper and blot until dry
7. Lay one egg on each bagel half and top with the cherry tomatoes

Each suggested portion contains				
Calories	Fat (g)	Saturates (g)	Sugars (g)	Salt (g)
344	MEDIUM	LOW	LOW	MEDIUM
Kcal	11.2	2.8	6.1	1.4

Eggs in a basket (Serves 1)

Ingredients

1 egg
1 slice wholemeal bread
Olive oil

Equipment

Frying pan, spatula, cookie cutter/sharp knife, bowl

Method

1. Use the cookie cutter or knife to make a shape in the centre of the bread
2. Heat a little olive oil in the frying pan and gently fry one side of the bread lightly
3. Crack the egg into a bowl, taking care not to break the yolk
4. Flip the bread over and pour the egg into the hole in the centre
5. Cover the pan and continue to cook for 2 – 3 minutes until the egg sets

Each suggested portion contains				
Calories	Fat (g)	Saturates (g)	Sugars (g)	Salt (g)
214	MEDIUM	MEDIUM	LOW	MEDIUM
Kcal	13.4	3	0.8	0.6

Baked eggs (Serves 2)

Ingredients

2 eggs
2 slices wholemeal bread
Half a tin of chopped tomatoes
2 slices bacon (trimmed)

Equipment

Saucepan, toaster, 2 individual baking dishes, grill

Method

1. Heat the chopped tomatoes in the saucepan until they begin to thicken
2. Grill the bacon
3. Slice the bacon and add to the tomatoes
4. Divide the tomato and bacon between the baking dishes and top each with an egg
5. Bake at 180 °c for around 15 minutes until the egg has set
6. Toast the bread and serve with the baked eggs

Each suggested portion contains				
Calories	Fat (g)	Saturates (g)	Sugars (g)	Salt (g)
198	MEDIUM	MEDIUM	LOW	MEDIUM
Kcal	10	2.9	2.9	1.2