

Ways to cook eggs



1-2 eggs per serve

How to fry an egg

Method

1. Heat **1 tablespoon olive oil** in a pan over medium heat.
2. Crack **2 eggs** into the pan on opposite sides so they do not touch.
3. Fry for 1-2 minutes until the egg white turns white.
4. Remove from heat and serve.

How to boil an egg

Method

1. Fill a saucepan $\frac{3}{4}$ full with water. Place saucepan over medium-high heat and bring to boil.
2. Using a spoon, gently place **eggs** in the water, making sure not to crack them.
3. Boil in water for 7 minutes. Remove from saucepan and place in a bowl of cold water.
4. Crack the shell by gently hitting it on the surface of the bench or using a spoon. Peel the shell and discard.
5. Serve.

How to scramble an egg

Method

1. Crack **4 eggs** into a medium bowl. Add **2 tablespoons milk** and season with **salt and pepper**.
2. Whisk mixture with a fork until all ingredients are combined. The mixture should look pale yellow. Heat $\frac{1}{2}$ **tablespoon olive oil** in a frying pan over medium heat. Add egg mixture to the pan. Begin to push the egg to the centre of the pan with a spatula. As the egg is pushed around it will begin to turn firm.
3. Continuing pushing the mixture until the eggs are firm.
4. Remove from heat and serve.



Feeding Kids Tips

Kids enjoy mixing and could whisk the eggs. Getting them involved in cooking can help them eat new foods.