

# Soft boiled egg – Feeds 1



## Ingredients



1 large egg

## Preparation time

Soft boiled  
runny eggs  
need **4**  
minutes  
simmering



Firmer  
boiled eggs  
need **5**  
minutes  
simmering



## Equipment



**1** Take the eggs out of the refrigerator and allow them to come to room temperature



**3** Lower egg in the saucepan. Make sure it is completely covered with water



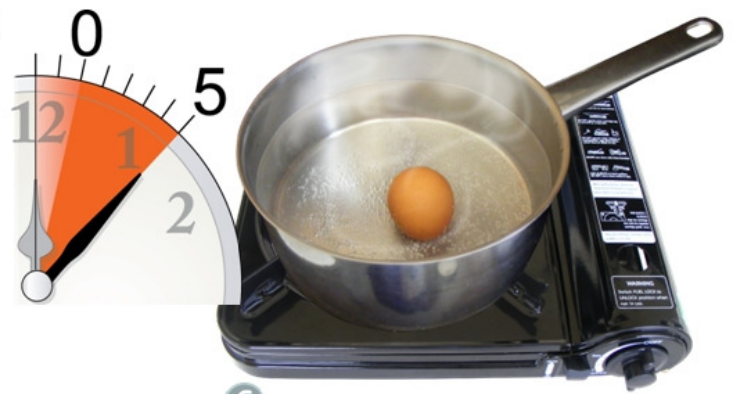
**2** Use cold water. this will reduce the chance of cracking



**4** Bring the water to the boil. Use a wooden spoon to gently stir the egg.



5 It will take a few minutes before the water comes to the boil



6 Gently simmer for 4 or 5 minutes



7 Turn off the stove. Be careful the egg and the water are still hot

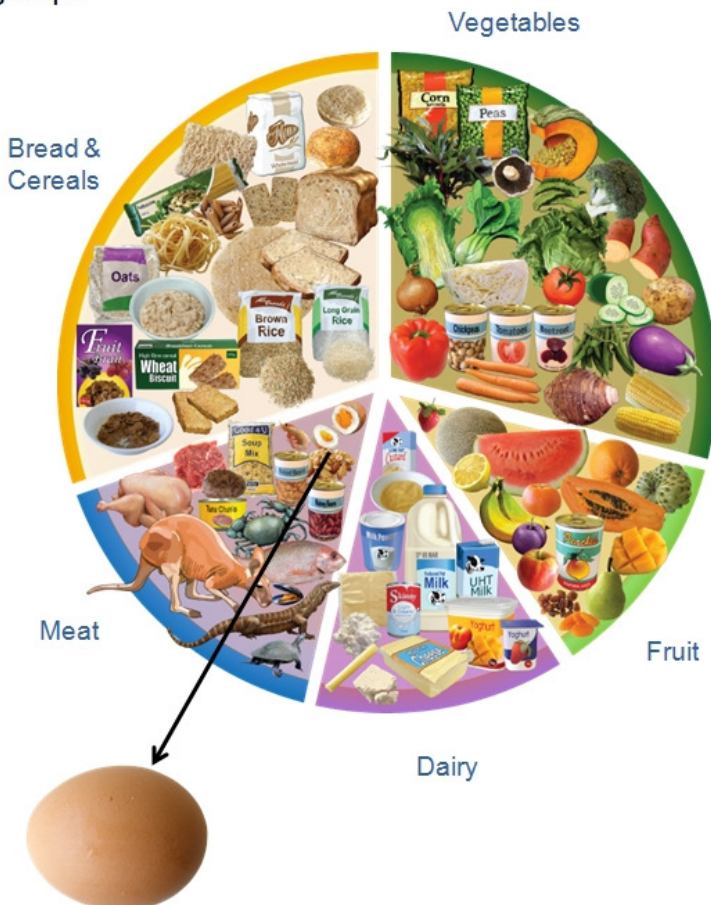


8 Use the edge of the saucepan to guide the egg on to the spoon



9 Serve the egg in an egg cup

Food groups



Serves in 1 boiled egg



1 large egg is 1/2 serve of eggs

There is no need to print the following page when printing and using this resource

## Health Professional Facilitator Information

You must at all times use your own professional judgement when using this resource

### **Purpose of resource:**

To support the delivery of practical cooking and nutrition education sessions

### **Key skills:**

This resource could be used to support development of the following skills:

- Independently follow a recipe.

### **Target group:**

This resource is designed to be used by Australians of all ages.

### **Notes:**

This resource is designed to be printed A3 size and then laminated.

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