

# Poached egg on toast – Feeds 1



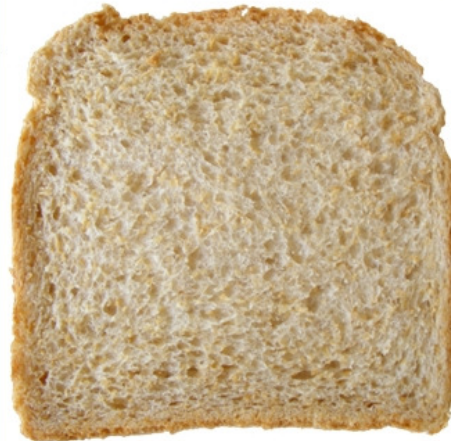
## Ingredients



1 large egg



Lettuce leaves  
(Optional)

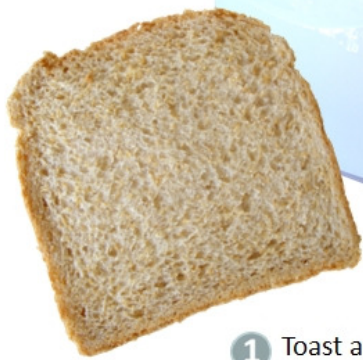


1 slice wholegrain or  
wholemeal bread



1 teaspoon  
of  
margarine

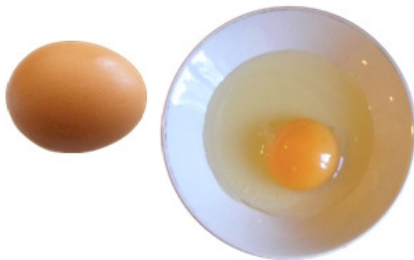
## Equipment



1 Toast and butter your  
bread



2 Place a bed of lettuce on  
the toast (Optional)



3 Crack one egg into a  
bowl



4 Fill the frying pan with water and  
heat until you can see little  
bubbles on the bottom of the pan



5 Reduce the heat



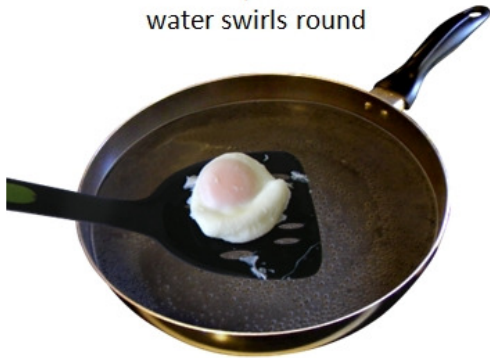
6 Stir the water with a wooden spoon so the water swirls round



7 Carefully slide the egg into the water



8 Allow egg to cook for 1 to 2 minutes



9 Carefully slide the cooked egg on to a spatula

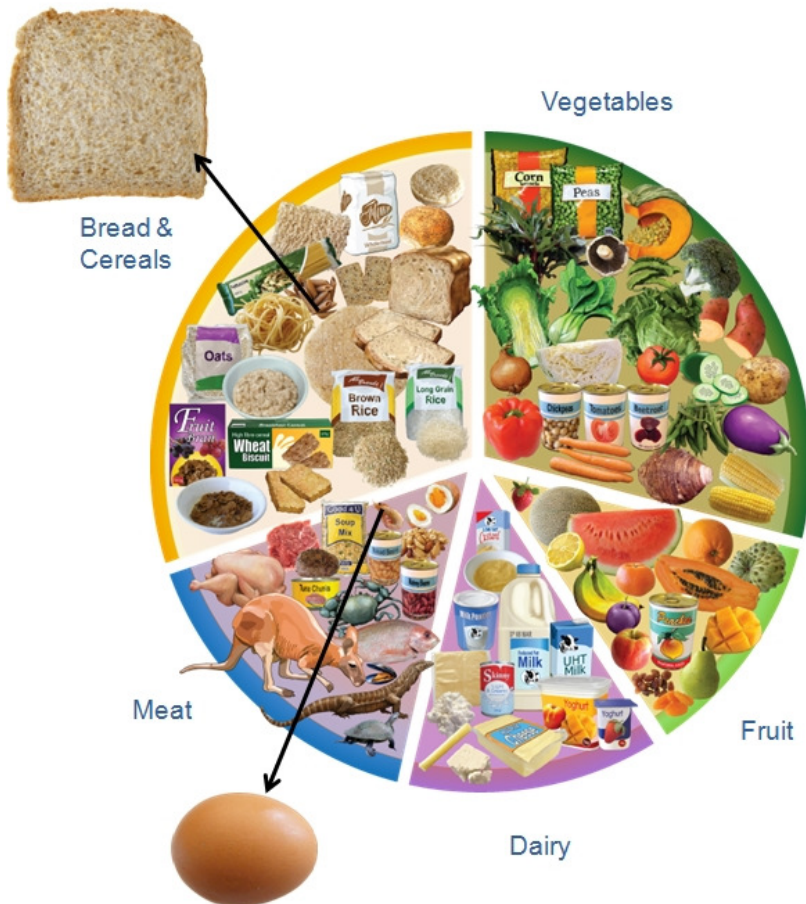


10 Place the egg on to the toast and lettuce



11 Serve

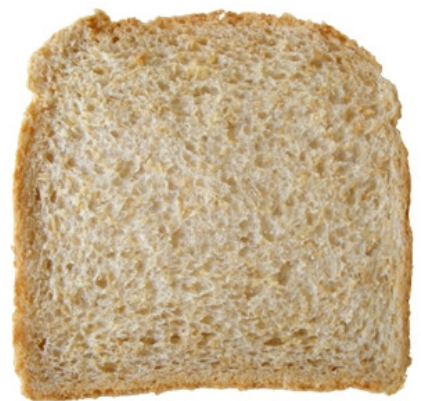
Food groups



Serves in poached eggs on toast



½ serve of egg



1 serve of bread

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

## Health Professional Facilitator Information

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### **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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