

Hard boiled egg – Feeds 1

Ingredients



1 large egg

Equipment



Preparation time



Hard boiled eggs need 8 minutes simmering



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

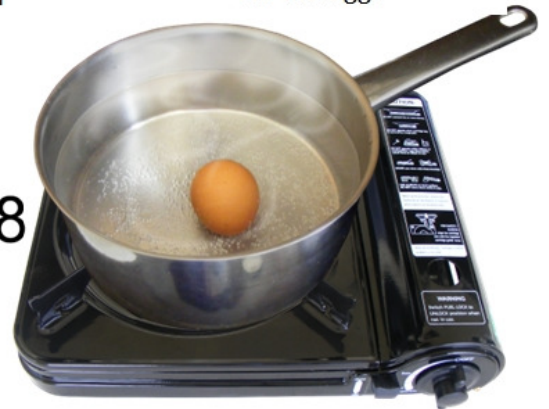
2 Use cold water. this will reduce the chance of cracking

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

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



Gently simmer for 8 minutes



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



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

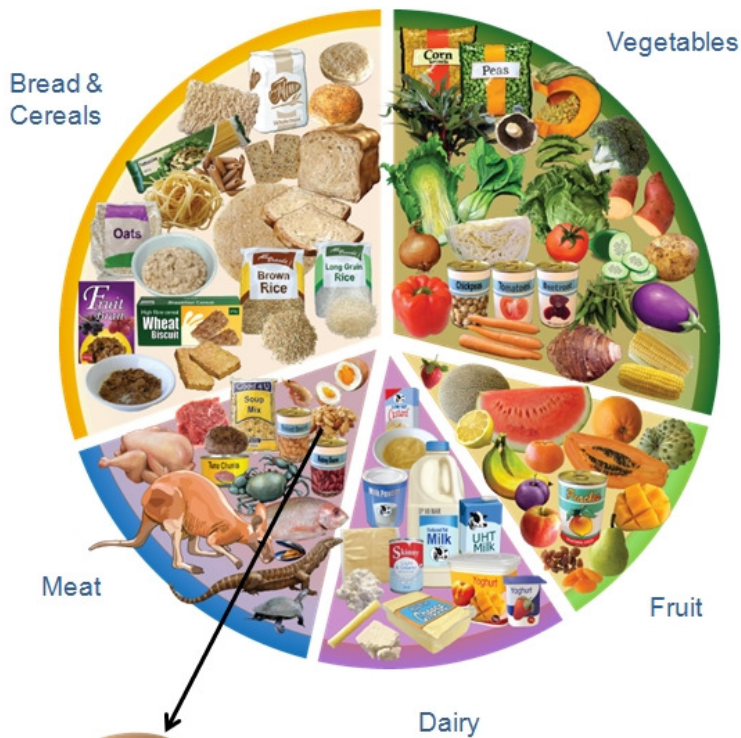


8 Place in cold water to stop the cooking



9 Use a teaspoon to remove the shell

Food groups



Serves in 1 hard 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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