

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



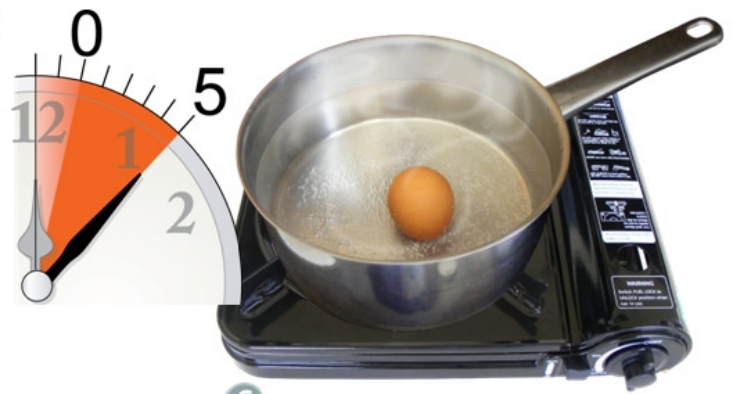
2 Use cold water. this will reduce the chance of cracking



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

Good food plate



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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