



Eggcellent Recipes:

Meal Inspiration to Boost Your Nutrient Intake.





Tomato and Ginger Biryani with Eggs.



50 mins



Serves 4

INGREDIENTS

2 tablespoons canola oil
 1 brown onion, halved lengthways and thinly sliced
 3 garlic cloves, thinly sliced
 1 tablespoon finely grated ginger
 1 long red chilli, thinly sliced, plus extra to serve
 Salt and pepper, to season
 1 tablespoon ground cumin
 1 tablespoon ground coriander
 1 cup long-grain rice
 3 large tomatoes, chopped
 2 cups (500ml) water
 ½ cup coriander leaves
 4 eggs, soft boiled (see tip) and peeled
 250g green beans, trimmed
 Plain yoghurt, optional, to serve
 Lime wedges, to serve

METHOD

1. For the best soft-boiled eggs, bring a small saucepan of water to the boil. Add eggs and simmer for 6 minutes. Drain and stand in cold water. Crack shells and gently peel.
2. Heat oil in a large heavy-based frying pan over medium heat. Add onion, garlic, ginger, chilli, salt and pepper. Cook, stirring, for 4-5 minutes or until softened.
3. Add spices, rice and tomato and stir to coat. Add water and stir. Cover with a lid, reduce heat to medium-low, and cook for 30 minutes.
4. Add the eggs, cover and cook for a further 5 minutes or until rice is cooked and eggs are warm.
5. Meanwhile, cook the beans in boiling salted water for 4-6 minutes or until just cooked. Drain and shred. Set aside.
6. Fluff up rice with a fork and serve topped with beans. Cut eggs in half and place on top. Serve with coriander, chilli, yoghurt and lime.

NUTRITION INFORMATION SERVING SIZE 460g

Average Quantity Per Serving

Energy	1640kJ (393Cal)
Protein	13.6g
Fat, Total	15.4g
- Saturated	2.3g
Carbohydrate	47.2g
- Sugars	5.0g
Dietary Fibre	5.4g
Sodium	114mg



Wild Rice, Dukkah Egg and Pomegranate Salad.

 25 mins  Serves 6

INGREDIENTS

- ⅔ cups (130g) wild rice
- 6 eggs
- ½ cup store-bought dukkah
- 1 cup baby mint leaves
- 1 cup baby coriander leaves
- 2 cups (60g) baby rocket leaves
- ½ cup (40g) toasted flaked almonds
- ¼ cup (35g) pomegranate seeds
- ¼ cup (35g) dried cranberries
- 1 x 400g can chickpeas, rinsed and drained

METHOD

1. Place rice in a medium saucepan of boiling water. Bring to the boil, reduce heat to medium and cook for 40-45 minutes or until tender. Drain.
2. Bring a small saucepan of water to the boil. Add eggs and simmer for 6 minutes for soft-boiled eggs. Drain and stand in cold water. Crack shells and gently peel. Place dukkah on a plate and roll the eggs in the dukkah. Set aside.
3. Place rice, mint, coriander, rocket, almonds, pomegranate, cranberries and chickpeas in a large bowl and toss to combine. Place on a large platter.

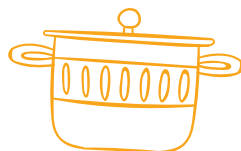
ORANGE DRESSING

4. To make the dressing place the orange rind and juice, vinegar, oil, mustard, salt and pepper in a small bowl and whisk to combine.
5. Drizzle the salad with dressing. Halve the eggs and place on top of the salad. Sprinkle with extra dukkah to serve.

NUTRITION INFORMATION

SERVING SIZE 207g

Average Quantity Per Serving	
Energy	1480kJ (352Cal)
Protein	15.7g
Fat, Total	17.4g
- Saturated	3.0g
Carbohydrate	30.2g
- Sugars	7.6g
Dietary Fibre	6.5g
Sodium	259mg





Huevos Rancheros.



45 mins



Serves 4

INGREDIENTS

2 tablespoons olive oil
 1 brown onion, finely chopped
 ½ teaspoon chilli flakes
 1 teaspoon smoked paprika
 2 teaspoons ground cumin
 Salt and pepper, to season
 1 large (300g) red capsicum, deseeded, finely chopped
 400g kidney beans, drained, rinsed
 400g can diced tomatoes
 ½ cup (125ml) water
 4 eggs, at room temperature
 ½ cup coriander leaves
 1 avocado, thinly sliced
 Sour cream, lime wedges and small toasted tortillas, to serve

METHOD

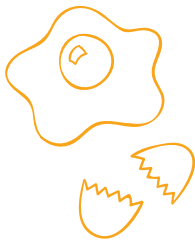
1. Preheat oven to 180°C (160°C fan forced). Heat oil in a large non-stick frying pan over medium heat. Add onion, chilli, smoked paprika, cumin, salt and pepper and cook for 4-5 minutes, or until softened.
2. Add capsicum, kidney beans, tomatoes and water and bring to the boil. Reduce heat to a simmer and cook, stirring occasionally, for 8-10 minutes, or until thickened.
3. Spoon the mixture into four 1 cup-capacity ovenproof dishes. Make an indentation into each bean mixture, and crack an egg into each.
4. Bake for 15-18 minutes or until the egg is cooked to your liking. Serve with coriander, avocado, sour cream, lime and tortillas.

NUTRITION INFORMATION

SERVING SIZE 479g

Average Quantity Per Serving

Energy	2325kJ (556Cal)
Protein	19.1g
Fat, Total	31.0g
- Saturated	8.3g
Carbohydrate	43.5g
- Sugars	11.4g
Dietary Fibre	12.0g
Sodium	787mg





Easy “On-The-Go” Breakfast Muffins.



40 mins



Serves 6

INGREDIENTS

- Cooking oil spray
- 1 medium zucchini
- 8 eggs
- 2 tablespoons milk
- 1 medium carrot, coarsely grated
- 3 green onions (shallots), thinly sliced
- 1/3 cup frozen peas
- 1 cup reduced fat grated tasty cheese

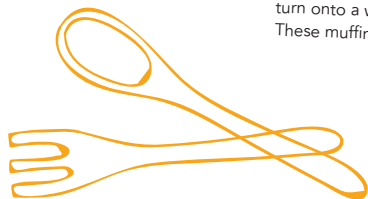
METHOD

1. Preheat oven to 160°C fan-forced. Spray a 12 hole x 1/3 cup capacity with oil to grease.
2. Grate zucchini. Firmly squeeze zucchini, then wrap in paper towel and squeeze again to remove excess moisture.
3. Whisk eggs and milk in a large bowl.
4. Stir in zucchini, carrot, green onions and frozen peas. Season and stir through cheese.
5. Evenly spoon mixture into muffin pan. Bake for 25-30 minutes or golden and until set.
6. Set aside in the pan for 5 minutes to cool then turn onto a wire rack. Serve hot or cold. These muffins can be frozen and enjoyed later.

NUTRITION INFORMATION SERVING SIZE 143g (2 muffins)

Average Quantity Per Serving

Energy	708kJ (169Cal)
Protein	14.5g
Fat, Total	10.6g
- Saturated	4.7g
Carbohydrate	3.2g
- Sugars	2.9g
Dietary Fibre	1.8g
Sodium	210mg





Smoked Trout Frittata Squares.

 30 mins  Serves 12

INGREDIENTS

- 1 whole smoked trout (400g)
- 2 medium zucchini, coarsely grated
- 3 green onions, finely sliced
- 2 teaspoons chopped dill
- Finely grated rind of one lemon
- 8 eggs
- ½ cup light sour cream, plus ¼ cup for topping
- Dill sprigs, for garnish

METHOD

1. Preheat the oven to 180°C.
Line a 26 x 16cm (base measurement) slice tin with non stick baking paper, extending over the two long sides.
2. Pull all the flesh from the trout, discarding the skin and bones. Flake the flesh and place into a large bowl.
3. Squeeze out excess liquid from the zucchini. Add to the bowl along with the onions, dill and lemon rind; mix well.
4. Whisk the eggs and sour cream. Add to the bowl, stir to combine and season with salt and freshly ground black pepper. Pour into the prepared tin.
5. Bake for 25-30 minutes, until set and golden brown. Stand in the tin for 5 minutes, then lift onto a wire rack, and carefully slide out the paper. Cool completely.
6. Cut into 24 squares and place onto a serving platter. Top each piece with a small dollop of light sour cream, and a dill sprig.

NUTRITION INFORMATION

SERVING SIZE 119g (2 squares)

Average Quantity Per Serving

Energy	557kJ (133Cal)
Protein	13.6g
Fat, Total	7.6g
- Saturated	3.1g
Carbohydrate	2.7g
- Sugars	1.9g
Dietary Fibre	0.6g
Sodium	77mg



Quinoa, Spinach and Egg Bake.



55 mins



Serves 4

INGREDIENTS

- 1 tablespoon olive oil
- 8 eggs
- 2 cups quinoa, cooked
- 1 and ¼ cup skim milk
- 2 cloves garlic, crushed
- 1 teaspoon thyme, chopped
- 3 cups spinach, roughly chopped
- Pinch of pepper and nutmeg
- 1 cup shredded reduced fat cheese
- ½ punnet cherry tomatoes
- Spray oil



METHOD

1. Preheat oven to 160°C. Pour olive oil into a 20cm round baking dish and swirl around.
2. In a bowl whisk together the eggs, milk, garlic, thyme, salt, pepper and nutmeg.
3. Add quinoa and spinach into the baking dish and pour over the egg mixture, stir gently. Quinoa can be replaced with cooked brown rice.
4. Cover with a lid or foil and bake until just set for around 30 minutes.
5. Remove the lid, sprinkle with cheese and bake uncovered for a further 15 minutes or until golden. Set aside to cool.
6. Heat a fry pan, spray with oil. Add cherry tomatoes and cook gently until slightly softened. Finish by adding onto the bake.

NUTRITION INFORMATION SERVING SIZE 387g

Average Quantity Per Serving

Energy	1796kJ (430Cal)
Protein	33.2g
Fat, Total	21.3g
- Saturated	5.8g
Carbohydrate	26.0g
- Sugars	6.0g
Dietary Fibre	4.1g
Sodium	404mg



Crushed Raspberry Semifreddo.

 65 mins  Serves 10

INGREDIENTS

SEMIFREDDO

- 2 eggs
- 5 egg yolks
- 75g (½ cup) caster sugar
- 1 teaspoon vanilla bean paste
- 500ml (2 cups) thickened cream
- 300g fresh raspberries, plus extra to serve
- 1 tablespoon sugar, extra
- Freeze-dried raspberries, crushed to serve

MERINGUE KISSES

- 2 egg whites at room temperature
- 110g (½ cup) caster sugar
- ½ teaspoon white vinegar
- Pink gel food colouring

NUTRITION INFORMATION

SERVING SIZE 126g

Average Quantity Per Serving

Energy	1340kJ (319Cal)
Protein	4.6g
Fat, Total	21.2g
- Saturated	12.7g
Carbohydrate	24.7g
- Sugars	24.3g
Dietary Fibre	2.0g
Sodium	70mg

METHOD

SEMIFREDDO

1. Grease a 6cm deep, 19cm long, 9cm wide loaf tin and line with baking paper, leaving a 5cm overhang at each long end.
2. Place eggs, egg yolks, sugar and vanilla in a heatproof bowl. Place bowl over a saucepan over simmering water over low heat. Using hand-held beaters, whisk for 4 minutes or until thick and creamy. Remove from heat and whisk for a further 3 minutes, or until cool.
3. Place cream in a large bowl and whisk until thickened. Add the egg mixture into the cream and gently fold to combine.
4. Place half the raspberries and sugar in a small bowl and crush with a fork. Add the crushed raspberries to the cream mixture and gently fold to combine. Pour into prepared tin, scatter with remaining raspberries (they will sink as it freezes). Cover and freeze overnight.

MERINGUE KISSES

1. Preheat oven to 150°C fan forced.
2. Place egg whites in the bowl of an electric mixture. Whisk on high speed until stiff peaks.
3. Gradually add sugar a tablespoon at a time, making sure sugar is dissolved between each addition. Once all the sugar is added, use a spatula to scrape down sides of bowl. Whisk for a further 6 minutes, or until mixture is thick and glossy.
4. Add vinegar and whisk for further 2 minutes. Brush 3 stripes of pink food colouring into a piping bag fitted with a 1cm nozzle. Add meringue mixture. Line a baking tray with baking paper and pipe meringue kisses onto tray.
5. Place kisses in oven, reduce oven temperature to 120°C fan forced and bake for 30 minutes or until dry.
6. Invert semifreddo onto a serving platter and top with meringue kisses, extra raspberries and crushed freeze-dried raspberries. Serve immediately.

TIP

Semifreddo will keep in the freezer for up to 3 months.





Wholesome Baked Custard.



70 mins



Serves 6

INGREDIENTS

- 3 eggs
- 1/3 cup maple syrup
- 2 cups milk
- 1 tablespoon vanilla extract
- Nutmeg to taste

METHOD

1. Preheat oven to 180°C.
2. Place all ingredients except nutmeg into a blender and combine until smooth.
3. Pour into a baking dish. Place baking dish into a larger roasting tray. Fill roasting tray with boiling water until it reaches half way up the baking dish. Grate fresh nutmeg over the top.
4. Bake for 50-65 minutes, depending on the size of your baking dish. The custard will still be very wobbly when you take it out.
5. Let it sit in the remaining water in the roasting tray on the bench until cool. You can eat it warm or transfer to fridge until cold then enjoy.

TIP

This custard is best consumed right away, don't leave it in the fridge too long.

NUTRITION INFORMATION SERVING SIZE 128g

Average Quantity Per Serving	
Energy	637kJ (152Cal)
Protein	6.1g
Fat, Total	5.9g
- Saturated	2.9g
Carbohydrate	16.9g
- Sugars	15.7g
Sodium	70mg



For more meal inspiration visit
www.australianeggs.org.au/recipes-and-cooking

