

6 Eggs-traordinary Recipes to Elevate Your Meal



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Need a pick-me-up? Pick up an egg.

Want to elevate a plain pasta salad? Add an egg. Want foolproof, fluffy pancakes? I think you know the deal.

The food of all foods. The ingredient of all ingredients.

Eggs are the X factor at mealtimes. From breakfast, lunch, dinner, and dessert, they bring the best out of every dish. All the while, adding a healthy kick to every bite you take.

The following recipes are elevated by eggs. We're certain they'll brighten up and elevate your day too.

1. Green Goodness Bowl



Say hello to Green Goodness.

This bowl is giving us energy, vitality, and a whole lot of nutrients. Each revitalising bite is packed with wholesome greens, creamy avocado, and perfectly boiled eggs. Fuel your soul with fresh green goodness.

2. Pesto, Tuna, Egg, & Pasta Salad



If this dish caught your eye, it might be time to change up your routine pasta salad recipe. Vibrant pesto dances across a bed of hearty tuna and pasta, creating a dish that's both scrumptious and satisfying. It has enough texture and taste to make your mouth water. Seriously, just look at that photo!

3. Eggs on Fire



Chilli lovers and hot heads, this one's for you! This spicy, sensational dish combines fried eggs, chilli flakes, spaghetti and more in just 25 minutes. It's a mouthwatering kick right on your taste buds, yet filled with just enough flavour to balance out the heat.

4. Green Vegetable Tarts With Poached Eggs



These Green Veggie Tarts are truly egg-ceptional. Each one is a canvas of garden-fresh goodness, topped with a velvety soft egg surprise. Bite into a flavourful, textural experience that's healthy, delicious, and perfect for sharing.

5. Pad Krapow Gai



Take your taste buds on a journey to Thailand with Pad Krapow Gai! This aromatic stir-fry combines succulent chicken, vibrant Thai basil, and the umami goodness of a perfectly fried egg.

Think you can handle the heat? Swap long red chilli for bird's eye to get a more fiery kick.

6. Broccoli Falafels With Buckwheat, Egg, & Herb Salad



How could this uber-healthy recipe not brighten up your day? Crispy falafels - nestled on a bed of nutty buckwheat and fresh herbs - create a melody of goodness. With perfectly boiled eggs on top, it's a veggie-forward masterpiece that'll tantalise your taste buds!

The humble egg can turn any drab dinner (or lunch) into something brighter. It's versatile enough to complement other ingredients or shine as the star on its own. What are some ways you'll use eggs to **Bring the Bright** this year? And for more mealtime inspo, don't forget to [subscribe to our newsletter](#) where we bring you fresh, easy, and exciting recipes every month!

BRING THE **BRIGHT** TO...

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MOVIE NIGHT FOOTY FINALS THE TABLE BIRTHDAYS
LUNCH DINNER SNACKS SANDWICHES LUNCHBOXES
HEALTH LIFE