

Sunny Side Up Eggs



Preparation time:	4 mins
Serves:	1 person
User Rating:	★★★★★

Publication: 20 November 2023
Categories: Quick & Easy, Breakfast Recipes, Vegetarian

Good morning sunshine!

Bright runny yolks, smooth tasty egg whites. Sunny side up eggs just make our day.

The recipe below will show you how to get perfect sunny side up eggs every single time. Keep scrolling to the end for a few egg-cracking tips as well!



Ingredients

- 2 eggs
- 1 tbsp olive oil
- Salt and pepper, to taste

Method

1. Heat a non-stick frying pan over medium heat and add enough olive oil to lightly coat the bottom of the pan. Wait for the oil to heat up sufficiently because the egg whites will spread across the pan if added too early. Keep an eye on the temperature and if the oil starts to

spit and pop, turn the heat down to low.

2. Once the pan is sufficiently heated, crack the eggs into the pan and cover with a lid. You want to cook the eggs until the yolk is set but still runny and the edges of the egg white are golden brown and starting to curl. This should only take three minutes, depending on how well you like your fried eggs cooked. Putting a lid on the pan slightly steams the egg while it's frying and this helps the yolk to set properly.
3. When the eggs are cooked to your taste, remove them from the pan with a spatula and place them on a plate or on top of toast with the yolk side up.
4. Season the eggs with a pinch of salt and pepper.

Notes

Fresh Eggs Are Best

Fresh eggs are best for frying (and poaching) as the protein structure of the egg white is stronger in fresher eggs. Stronger and thicker egg whites result in neatly shaped eggs in the pan.

On the other hand, older eggs are actually better for boiling as they peel more easily. And for scrambled eggs or omelettes, it makes no difference so these are good meal options to use up older eggs.

Olive Oil or Butter?

We recommend using olive oil for frying, but butter can be substituted for a richer flavour depending on the type of dish you're making.

- If frying an egg to put on top of an Asian-inspired noodle dish, we recommend oil as it will better complement the overall meal.
- If making a fried egg sandwich with avocado and cheese, butter will pair well here.

Perfect Fried Egg Pairings

Fried eggs are delicious on their own or;

- On wholemeal or grainy toast
- On a burger
- In a sandwich
- With baked beans
- On top of noodles like Ramen

Get Creative With Fried Eggs

Want to get creative with your fried eggs? Try some of these flavour-enhancing ideas:

- For a bit of spice, add a dash of paprika
- Using a cookie cutter, make a hole in a slice of toast and fry the egg inside
- Season the eggs with sesame seeds and chilli flakes as they fry

Nutritional Information

Serving size	Energy	Protein	Total fat	Saturated fat	Carbs (total)	Carbs (sugar)	Sodium	Fibre
132g	1320kJ 315kcal	15.1g	28.6g	5.6g	0.4g	0.4g	333mg	0.1g

All nutrition values are per serve.

FAQs

What is the difference between eggs over easy and sunny side up?

Eggs fried sunny side up are only cooked on one side. Eggs over easy are cooked on both sides. The yolk is more clarified in sunny side up eggs, which look like a bright golden sun when finished cooking.

Why are my sunny side eggs rubbery?

If cooking on a high heat you're more likely to drive all the moisture out of your eggs, leaving you with a very rubbery fried egg. Stick to medium heat to ensure your eggs are cooked to perfection.

How do you crack an egg without getting any shell into the pan?

Crack your eggs into a small cup or ramekin first before dropping them into the pan. Or try any of these [foolproof egg-cracking methods](#).