



# Eggs

👍 Rating	★★★★★
🕒 Time (Min)	15
# Calories	450
👤 Servings	1
# Tags	Quick

## Time

Prep time: 5 min

Cook time: 10 min

Total Time: 15 min

## Ingredients

- 2 eggs
- Salt, pepper, chilli flakes

- Shredded cheese
- 2 slices whole wheat bread (or 1 bagel)
- Ketchup

Optional:

- Veggies (spinach, bell pepper, onion, tomato, broccoli, mushrooms, etc.)

## Utensils

- Pan/skillet
- Spatula
- Measuring cup/bowl (for omelette & scrambled eggs)

## Recipe

### Sunny-Side Up

1. Add oil/butter onto pan and heat pan with medium heat. Crack eggs onto pan. Let eggs cook for ~5min
2. While eggs are cooking, add salt, pepper, chili flakes
3. Flip eggs once bottom starts browning and cook for ~5 more min until other side starts browning. Add cheese on top of eggs while they are cooking
4. Once cheese melts, serve with toasted bread and ketchup

### Omelette

1. Whisk eggs in bowl/measuring cup

2. Heat up pan on medium heat and add butter/oil. Pour egg mixture into pan and cook for ~5 min until bottom side starts browning
3. Add salt, pepper, and chili flakes
4. Flip omelette and cook for ~5min until bottom side starts browning. Add cheese to top while it is cooking
5. Once cheese melts, serve with toasted bread and ketchup

### Scrambled eggs

1. Whisk eggs in bowl/measuring cup
2. Heat up pan on low-medium heat and add butter/oil. Pour egg mixture into pan.
3. Drag mixture from center of pan outwards and keeping doing this motion in a circle. The goal is to keep the mixture moving and fill in holes with liquid mixture.
4. Once eggs start to solidify, keep scrambling eggs. Chop eggs with spatula horizontally and vertically. Keep moving eggs so they don't burn on one side.
5. Add cheese to scrambled eggs after a few minutes. Turn flame off
6. Once cheese melts, serve with toasted bread and ketchup

### Optional:

- For sunny-side up, cook veggies and add them on top of eggs after you put eggs with cheese onto plate
- For omelette/scrambled eggs, cook veggies in pan before adding egg mixture. Make sure pan cools a little bit before adding egg mixture

## Notes

### Sunny-Side up

- For over-easy, flip eggs for ~1.5 min
- For over-medium, flip eggs for ~3 min
- For over-hard, flip eggs for ~5 min

### Omelette & Scrambled Eggs

- Add a spoon or two of milk to egg mixture inside of measuring cup/bowl to make eggs more fluffy

## Nutrition Information