



# UNBEATABLE EGGS

4 nutritious and delicious recipes





# EGG BUDDHA BOWLS

## Ingredients

600g piece pumpkin, deseeded, peeled, cut into 2cm cubes

Olive oil cooking spray

1 small red onion, thinly sliced

¼ cup white wine vinegar

3 cups water

1 cup quinoa

1 bunch broccolini, trimmed

4 eggs

1 large carrot, finely shredded

1 large red beetroot, peeled, grated

1 large avocado, sliced

## Dressing

⅓ cup vegetable oil

2 tbs rice wine vinegar

2 tsp sesame oil

2 tsp honey

½ - 1 tsp wasabi

## Method

1. Preheat oven to 200°C. Line a baking tray with baking paper. Spread pumpkin onto tray and spray with olive oil. Season with salt and pepper. Roast pumpkin for 20 minutes or until tender. Cool.
2. Place onion and vinegar into a bowl and stand for 20 minutes. Drain well.
3. Put 3 cups water into a saucepan and bring to the boil. Add quinoa, cover and reduce heat to medium low. Simmer for 10-15 minutes or until quinoa is tender. Drain and rinse under cold water. Drain well.
4. Bring a medium saucepan of water to the boil. Add broccolini and cook for 1 minute or until just tender. Remove with tongs. Return water to the boil. Add eggs and cook for 7 minutes. Drain.
5. To make dressing, whisk oil, vinegar, sesame oil, honey and wasabi in a jug. Season with salt and white pepper.
6. Spoon quinoa into shallow bowls. Add pumpkin, red onion, broccolini, carrot, beetroot and avocado. Drizzle dressing over bowl. Peel eggs, cut in half and place on top of bowls.
7. Serve.



SERVES

4



COOKING

35 MINS





# SHAKSHUKA

This delicious Middle-Eastern dish comes from several cuisines: Turkish, Tunisian, and Israeli. Like so many egg dishes, it's super versatile and can be eaten for breakfast, lunch and dinner.

## Ingredients

2 tablespoons (40ml) extra virgin olive oil  
2 red capsicum, chopped into 1-2cm pieces  
1 brown onion, roughly chopped  
4 cloves garlic, finely chopped  
1-2 long red chillies, chopped, to taste  
2 teaspoons ground cumin  
1 teaspoon ground coriander  
1 tablespoon paprika  
400g can chopped tomatoes, undrained  
Sea salt and freshly ground black pepper  
4 eggs  
½ cup labneh or feta cheese (optional)  
2 tablespoons chopped coriander  
Pita bread, toasted, to serve

## Method

1. Heat olive oil in a large fry pan over medium heat. Add capsicum and onion and cook, stirring occasionally until soft but not brown, approx 6 minutes. Add garlic, cumin, paprika and ground coriander, cook, stirring frequently until garlic is soft - approx. 2 more minutes.
2. Add tomatoes and bring to a simmer for 5 minutes. Taste and season with salt and pepper. If necessary, add a splash of water.
3. Make four indents in the simmering sauce with the back of a spoon and break an egg into each. Cover with a lid and gently simmer for 3-4 minutes or until the egg whites are set and the yolks still runny, or cooked as desired. Baste whites with tomato mixture if necessary, being careful not to disturb the yolk. Add cheese for the last 2 minutes.
4. Sprinkle over chopped coriander and serve with toasted pita bread, if desired.



SERVES

4



COOKING

10 MINS



COOKING

12 MINS



# WARM PUMPKIN, BRUSSELS SPROUTS AND EGG SALAD

## Ingredients

800g piece pumpkin  
Olive oil cooking spray  
350g Brussels sprouts, halved lengthways  
2 red onions, cut into thin wedges  
3 hard boiled eggs  
 $\frac{1}{3}$  cup extra virgin olive oil  
2 tbs lemon juice  
2 tsp honey  
2 tsp grainy mustard  
 $\frac{1}{4}$  cup toasted walnuts, roughly chopped  
Continental parsley leaves, to serve  
Sea salt flakes and freshly ground black pepper to season

## Method

1. Preheat oven to 200°C. Line 1 large baking tray with baking paper. Remove seeds and skin from pumpkin and cut into 3cm pieces. Place onto tray with Brussels sprouts and onions and spray with olive oil. Season with salt and freshly ground black pepper.
2. Roast vegetables for 15 minutes or until golden. Cool slightly on tray. Place into a large bowl and toss until combined. Transfer to a platter. Cut eggs into quarters and place over vegetables.
3. Whisk oil, lemon juice, honey and mustard in a jug. Season with salt and pepper. Drizzle dressing over and sprinkle with parsley and walnuts.
4. Serve.



SERVES

4



COOKING

45 MINS





# ASIAN-STYLE SCRAMBLED EGGS

High protein breakfast recipe paired with Asian greens – the fusion of texture and flavour is something quite exceptional.

## Ingredients

Cooking oil spray

150g baby bok choy, halved lengthways

2 eggs, at room temperature

2 egg whites, at room temperature

2cm piece fresh ginger, finely grated

2 green onions (shallots), thinly sliced

1 fresh long green chilli, deseeded and chopped

Oyster sauce, to serve

## Method

1. Whisk eggs and egg whites together in a bowl. Season.
2. Spray a medium non-stick frying pan with oil to grease. Heat over medium-low heat. Add bok choy and 1 tbs water. Cook until vibrant and almost tender. Transfer to a plate. Add green onions, ginger and chilli to pan. Cook, stirring, for 1 minute or until tender.
3. Add egg mixture to pan and swirl to coat pan base. Cook without stirring for 30 seconds. Using a wide spatula, push the set eggs around outer edge toward the centre of the pan, tilting pan to allow the uncooked eggs to run over the base. Gently push eggs around pan every 15 seconds until soft folds form and one quarter mixture is unset.
4. Remove from heat. Add bok choy and serve with a drizzle of oyster sauce.

**Tip:** If you prefer, replace the two egg whites with one whole egg.



SERVES

2



COOKING

20 MINS



## EGG LOVERS REJOICE

**Experts now say eggs are OK every day.**

The National Health & Medical Research Council's  
Australian Dietary Guidelines\* advise:

*"There do not appear to be any increased health risks associated with consumption of eggs. There is recent evidence to suggest that consumption of eggs every day is not associated with increased risk of coronary heart disease."*

So when it comes to recommending a healthy, affordable source of protein, eggs are hard to beat.

To find out more or for more delicious egg recipes, visit  
**[australianeggs.org.au](http://australianeggs.org.au)**