



Easy Egg cups

Ingredients

Egg cups

- 2 tbsp soyabean oil (optional for frying ingredients)
- 2 garlic cloves, minced
- 50 g eggplant, diced
- 100 g white mushrooms, diced
- Salt and pepper to taste
- 4 slices wholemeal bread, rolled flat
- Soyabean oil for greasing muffin tin
- ½ – 2 tbsp low-fat grated cheese
- 1 tomato, diced
- Dried herbs (oregano, rosemary, mixed Italian herbs)
- 4 eggs

Food art

- 1 nori sheet (seaweed) (for eyes & snout)
- 1 cherry tomato

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Method

- Preheat oven to 180 °C.



- Heat a non-stick pan.



- Fry the garlic, add eggplant and mushrooms. Season with some pepper and salt.



- Cook for about 3-5 mins till the vegetables are just cooked, then remove from pan and set aside.



- Lightly grease muffin tin with soyabean oil. Line each muffin hole with the flattened bread slices. Bake the bread at 180°C for 3-5 minutes or until crispy.



- Sprinkle the cheese first, followed by the cooked vegetables, tomato, dried herbs and pepper.



- Lastly, crack an egg into each cup. Bake for 10-12 minutes until the whites are just set.

Assembly

- Once cooled, add eyes and snout using cut out nori sheets. Cut out the tomato as the tongue.

*TIP: Toaster may be used if oven is not available. However, cooking time may be longer.

Nutritional Information

Energy

Total Servings



800 kcal

Per Serving



200 kcal

