



Easy Egg Cups

Ingredients

Egg cups

- 2 tbsp soyabean oil (optional for frying ingredients)
- 2 garlic cloves, minced
- 50g eggplant, diced
- 100g 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

Nutritional Information

Energy

Cost of Total servings

Cost Per serving

Total servings



800 kcal

\$4.40

\$1.10

Per serving



200 kcal

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.

