



Super fast egg-in-a-cup

Make an egg-in-a-cup in the time it takes to cook your toast! A quick breakfast sandwich to fuel school, sport and play.



Time to prepare: 1 minutes



Time to cook: 1 minutes



Serves 1



Suitable for vegetarians

Ingredients

- 1 egg
- pinch of salt

Method

1. Grease a microwave-proof coffee mug and add a pinch of salt in the bottom of the cup.
2. Crack an egg into the cup.
3. Pierce the yolk with a fork.
4. Cover with glad wrap.
5. For soft-cooked egg: Cook in microwave on HIGH for 30 seconds and then stand (still covered with the glad wrap) for another 10 seconds.
6. For hard-cooked egg: Cook in microwave on HIGH for 40 seconds and then stand (still covered with the glad wrap) for another 30 seconds.
7. Sandwich in a muffin split for a breakfast sandwich or try on wholegrain toast.

Notes

You might also like...



Kūmara frittata

A tasty breakfast or lunch idea using the classic Kiwi vegetable - kūmara. Make the night before and you are ready to go in the morning.

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