

# Eggs – poached

## Available

All year round.

## Buy

Check each egg inside the carton.  
Eggs should be clean and free from cracks.

## Store

In the fridge.



## Prepare



Half fill a pot with water.  
Add about 1 tablespoon  
vinegar per litre of water.



Bring the water to  
boil. Reduce heat until  
simmering.



Carefully crack the  
egg into a cup.



Slowly slide the egg  
into simmering water.



Allow the egg white to  
set around the yolk.  
The egg should float  
to the top when the  
white is set.



Use a large spoon to  
remove the egg from  
the water, drain.



Serve on wholemeal  
toast or steamed  
seasonal vegetables.



# Chilli beans with eggs

(serves 4)

## Ingredients

1 tablespoon oil  
1 onion, diced  
1 can chilli beans  
1 can chopped tomatoes or  
4 tomatoes, chopped  
2 cups corn kernels  
1 green capsicum, sliced  
4 eggs

## Method



1 Heat oil in a large pan. Add chopped onion and cook until soft.



2 Add chilli beans, tomatoes, corn and capsicum and cook until the sauce has reduced and thickened.



3 Make 4 holes in the mixture and break an egg into each.



4 Cover with a lid and cook over low heat until the eggs are cooked, 7-10 minutes. Serve with brown rice.

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