



Eggscellent Recipes:

Meal inspiration to boost your Vitamin D intake





Sweet Potato Waffles with Eggs and Avocado



35 mins



Serves 4

INGREDIENTS

- 1 ½ cups firmly packed grated sweet potato
- 1 cup milk
- 1 ½ cups wholemeal self-raising flour
- 2 eggs, separated
- 50g feta, crumbled
- 2 tsp extra virgin olive oil
- 4 extra eggs
- 1 cup baby spinach leaves
- 1 avocado
- ¼ cup toasted pepitas

HARISSA YOGHURT

- ½ cup Greek yoghurt
- 1 tbs lemon juice
- 2 tsp harissa paste

METHOD

1. Place sweet potato and ½ cup of milk in a large microwave safe bowl. Cover tightly with plastic wrap and microwave on high for 6 minutes, or until soft. Roughly mash with a fork. Whisk in remaining milk and egg yolks.
2. Place flour into a large bowl. Stir in sweet potato mixture to a make a thick batter. Add the feta and season to taste.
3. Whisk egg whites in a large clean bowl to soft peaks. Fold into batter.
4. Working in batches, pour about ⅓ cup of batter (depending on size of waffle maker) into a pre-heated non-stick round waffle maker. Cook until golden brown and waffle iron stops steaming, about 5 minutes.
5. Meanwhile, heat the olive oil in a large non-stick frying pan over medium high. Crack eggs one at a time into hot pan. Cook for 2-3 minutes, until whites set and are crispy around the edges, but yolk is still runny.
6. To make harissa yoghurt, stir yoghurt and lemon juice together and season to taste. Swirl in the harissa.
7. Top waffles with spinach leaves, sliced avocado and fried eggs. Dollop over the harissa yoghurt and sprinkle with pepitas.

NUTRITION INFORMATION

SERVING SIZE 356g

Average Quantity Per Serving

Energy	2391kJ (572Cal)
Protein	26.3g
Fat, Total	26.6g
- Saturated	8.4g
Carbohydrate	51.9g
- Sugars	12.7g
Dietary Fibre	11.2g
Sodium	649mg
Vitamin D	6.2µg (62% RDI)



Asian-Style Scrambled Egg Breakfast



20 mins



Serves 2

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

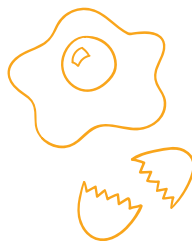
1. Whisk eggs and egg whites together in a bowl. Season.
2. Spray a medium non-stick frying pan with oil to grease. Heat over medium-low heat. Add bok choy and 1 tbs water. Cook until vibrant and almost tender. Transfer to a plate. Add green onions, ginger and chilli to pan. Cook, stirring, for 1 minute 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 ¼ of the mixture is unset.
4. Remove from heat. Add bok choy and serve with a drizzle of oyster sauce.

NUTRITION INFORMATION

SERVING SIZE 182g

Average Quantity Per Serving

Energy	716kJ (171Cal)
Protein	13.0g
Fat, Total	10.8g
- Saturated	2.6g
Carbohydrate	4.4g
- Sugars	3.2g
Dietary Fibre	3.6g
Sodium	647mg
Vitamin D	4.1µg (41% RDI)





Baked Eggs



25 mins



Serves 4

INGREDIENTS

- 4 eggs
- 120g baby spinach leaves
- 100g semi-dried tomatoes, chopped
- 70g Danish feta cheese, crumbled
- 2 tbs roughly chopped fresh basil
- 4 shallots, thinly sliced
- 1 tbs olive oil
- Wholegrain toast, to serve

METHOD

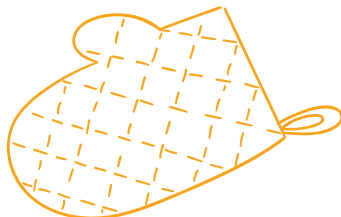
1. Preheat the oven to 180°C/160°C fan forced.
2. Lightly spray 4 x 250ml capacity ovenproof ramekins with oil.
3. Place spinach in a heatproof bowl, pour over enough boiling water to cover it, set aside for 10 seconds, then drain. Once cool enough to handle, squeeze out excess water.
4. Combine the spinach, tomatoes, feta, basil and shallots in a medium bowl, divide the mixture evenly between the prepared ramekins, and drizzle each with 1 tsp oil.
5. Place dishes on a baking tray and crack an egg on top of each dish.
6. Cover the ramekins with foil and bake for 15 minutes or until the egg is cooked to your liking. Season with black pepper to taste and serve.

NUTRITION INFORMATION

SERVING SIZE 177g

Average Quantity Per Serving

Energy	1381kJ (330Cal)
Protein	14.1g
Fat, Total	18.6g
- Saturated	5.0g
Carbohydrate	25.0g
- Sugars	5.0g
Dietary Fibre	6.0g
Sodium	550mg
Vitamin D	4.1µg (41% RDI)





Poached Egg on Potato Rosti with Smoked Salmon and Avocado



40 mins



Serves 4

INGREDIENTS

- 2 large potatoes, peeled and grated (600g)
- 1 small brown onion, grated
- 1 tbs plain flour
- ½ cup light olive oil
- 4 poached eggs
- 1 large avocado, sliced
- 200g smoked salmon
- Hollandaise sauce, store bought
- Chervil sprigs or parsley leaves, to serve

METHOD

1. Preheat oven to 160°C. Place grated potato into a fine sieve and rinse under cold water until water runs clear. Using your hands squeeze as much liquid as possible from potatoes. Place into a clean tea towel and squeeze liquid from potatoes. (The drier the potatoes the crispier the hash browns). Combine potatoes, onion, flour, salt and pepper in a bowl.
2. Heat oil in a frying pan over a medium heat. Form ¼ cup of potato mixture into patties and cook in batches for 3 minutes each side or until golden and crisp. Transfer to a tray. Repeat with remaining potato mixture. Place tray in oven to keep hash browns warm.
3. Place 2 potato rosti onto each serving plate. Top with avocado, salmon, poached egg and sauce. Sprinkle with herbs and serve.

NUTRITION INFORMATION

SERVING SIZE 325g

Average Quantity Per Serving

Energy	2660kJ (635Cal)
Protein	22.6g
Fat, Total	50.4g
- Saturated	8.8g
Carbohydrate	22.5g
- Sugars	1.5g
Dietary Fibre	3.4g
Sodium	920mg
Vitamin D	6.2µg (62% RDI)





Cauliflower Steaks with Herbed Scramble



15 mins



Serves 4

INGREDIENTS

- 8 eggs
- 1 head cauliflower, cut into 1.5cm-thick steaks
- Olive oil spray
- ½ cup milk
- 35g butter, chopped
- 1 cup mixed chopped herbs
- 60g baby spinach
- 3 green onions, thinly sliced
- Lemon wedges, to serve
- Steamed brown rice and tomato salad, to serve (optional)

METHOD

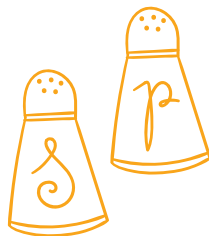
1. Preheat a grill pan or char-grill on high.
2. Spray the cauliflower with oil and place on the heated grill for 5 minutes on each side, or until charred and tender.
3. Meanwhile, place the eggs and milk into a large bowl and whisk them together until frothy and combined.
4. Melt the butter in a large non-stick fry pan over a medium heat. Once melted, add the egg mixture and stir it gently with a wooden spoon for 2-3 minutes or until the eggs are just set. Stir in the herbs and remove the pan from the heat. Season the egg mixture with salt and pepper.
5. Serve the cauliflower steaks with the herbed scramble and spinach. Scatter with extra herbs, green onion and lemon wedges.
Optional: Serve with steamed brown rice and tomato salad.

NUTRITION INFORMATION

SERVING SIZE 307g

Average Quantity Per Serving

Energy	1250kJ (298Cal)
Protein	18.3g
Fat, Total	20.2g
- Saturated	9.0g
Carbohydrate	9.6g
- Sugars	5.6g
Dietary Fibre	3.4g
Sodium	238mg
Vitamin D	8.3µg (83% RDI)



*Note: In this nutrition analysis the optional steamed brown rice and tomato salad are not included.



Mexican Pan Frittata



40 mins



Serves 4

INGREDIENTS

- 2 tbs olive oil
- 1 small red onion, halved, thinly sliced
- 2 garlic cloves, finely chopped
- 1 yellow or red capsicum, halved, deseeded, sliced
- 1 cob sweet corn, kernels removed
- ½ cup coriander leaves, chopped
- 200g mini roma tomatoes, halved lengthways
- 8 large eggs, at room temperature
- Store-bought tomato salsa
- Diced avocado, coriander leaves & lime wedges, to serve

METHOD

1. Preheat grill on medium-high and heat oil over medium heat in a 20cm non-stick ovenproof frying pan.
2. Add the onion and garlic and cook for 3-4 minutes until soft in the pan. Add the capsicum and corn, stirring often, for 4-5 minutes or until the capsicum softens. Stir in chopped coriander.
3. Spread the mixture evenly over the base of the pan and scatter the tomatoes over mixture.
4. Whisk the eggs in a jug then pour egg mixture over the vegetables. Shake the pan to evenly distribute egg. Reduce heat to medium-low and cook for 8-10 minutes or until almost set.
5. Place pan under hot grill for 3-5 minutes or until top just sets. Stand for 5 minutes then transfer to a board.
6. Cut the frittata into wedges and serve with tomato salsa, avocado, coriander and lime wedges.

NUTRITION INFORMATION

SERVING SIZE 392g

Average Quantity Per Serving

Energy	1615kJ (386Cal)
Protein	19.2g
Fat, Total	27.8g
- Saturated	6.5g
Carbohydrate	13.5g
- Sugars	8.6g
Dietary Fibre	8.2g
Sodium	275mg
Vitamin D	8.2µg (82% RDI)





Ham and Vegetable Slice



60 mins



Serves 4

INGREDIENTS

- 1 tbs olive oil
- 20g butter
- 200g cup mushrooms, chopped
- 3 green onions, thinly sliced
- 1 red capsicum, finely diced
- 4 large zucchini (800g)
- 100g leg ham, roughly chopped
- 6 eggs
- 200g feta, crumbled
- Salt and pepper, to serve
- 125g cherry tomatoes, halved
- Mixed salad greens, to serve

METHOD

1. Preheat oven to 200°C. Grease a 7-cup capacity baking dish. Heat oil and butter in a frying pan over high heat. Add mushrooms and cook, stirring often, for 8 minutes or until golden. Reduce heat to medium and add onions and capsicum. Cook for 4 minutes or until tender. Transfer to a bowl and cool.
2. Using a vegetable peeler, run blade down length of zucchini forming ribbons. Line prepared baking dish on base and sides with zucchini, overlapping slightly. Place ham into base of dish over zucchini.
3. Whisk eggs and add vegetables and feta. Season with salt and pepper. Pour mixture into baking dish, spreading evenly. Place tomato halves over bake, cut side up. Bake for 40 minutes or until golden and set. Serve with salad greens.

NUTRITION INFORMATION

SERVING SIZE 267g

Average Quantity Per Serving

Energy	869kJ (208Cal)
Protein	16.2g
Fat, Total	13.1g
- Saturated	5.6g
Carbohydrate	4.5g
- Sugars	3.9g
Dietary Fibre	2.6g
Sodium	517mg
Vitamin D	3.6µg (36% RDI)





Spaghetti with Poached Egg, Fresh Salmon and Baby Spinach



30 mins



Serves 6

INGREDIENTS

- 6 eggs
- 400g wholemeal spaghetti
- 300g fresh salmon, thinly sliced
- 1 ½ cups baby spinach
- 80ml extra virgin olive oil
- 1 lemon, zest and juice
- Pepper to taste
- ¼ cup parmesan shavings
- A fresh avocado and pea salad, to serve

METHOD

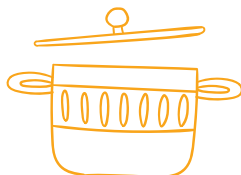
1. Cook the spaghetti in a large pot of water.
2. Poach the eggs and set aside.
3. Place salmon and spinach into a large bowl.
4. Once the pasta is cooked lift it out of the water into the bowl, stirring carefully. Add a little of the pasta water to bring it all together.
5. Use the heat from the pasta and water to cook the salmon and spinach by adding to the pasta, and gently toss through.
6. Combine oil, lemon zest and juice, drizzle over the pasta, season with pepper.
7. Place onto plates and top with the poached egg and some parmesan shavings.
8. Serve with a fresh avocado and pea salad.

NUTRITION INFORMATION

SERVING SIZE 217g

Average Quantity Per Serving

Energy	2112kJ (505Cal)
Protein	27.0g
Fat, Total	24.2g
- Saturated	5.4g
Carbohydrate	41.5g
- Sugars	0.5g
Dietary Fibre	7.2g
Sodium	171mg
Vitamin D	7.1µg (71% RDI)





For more meal inspiration visit
<https://www.australianeggs.org.au/recipes-and-cooking>

