

# A Dozen Meals You Forgot You Can Make With an Egg



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Even the most egg-obsessed Aussies forget just how many meals eggs are an important ingredient in.



Is your fridge like ours? Filled with sporadic veggies here, some meat there, and a few eggs of course.

At first glance, you have no idea how you can bring it all together. But don't fret! We're here to remind you of all the wonderful meals you can whip up easily at home using eggs and whatever you have on hand. Keep reading to find out more.

## **Celebrating World Egg Day 2022**

**World Egg Day is a global celebration of the nutrient-rich, delicious, and versatile egg.**

**With food costs rising nationwide, and more families than ever trying to budget each and every supermarket visit, we want to take this time to highlight how nutritious, versatile, and affordable eggs can be. Join us in celebrating this October with a plethora of egg-inspired meal ideas and recipes here at Australian Eggs.**

**[Learn more about World Egg Day here.](#)**

## 1. Eggplant Omelette

Also known as Tortang Talong, this Filipino dish combines the best of both worlds atop a delicious eggplant. Like with more traditional omelette versions, you can add whatever toppings you like, using egg to help bring all the flavours together. Check out the full how-to of this fan-favourite from [this TikTok!](#)

## 2. Creamy Mushroom Croque Madame



How yummy does this croque madame look!? Are your taste buds tingling yet? Eggs bring together mushrooms, cheese and baby spinach within two toasted slices of sourdough. This meal makes the most of whatever veggies you have available in your pantry. And can be perfectly portioned for 1 or 2 people.

## 3. Egg Focaccia



In the mood for something a little different for breakfast or lunchtime? Try this delicious Egg Focaccia. Cheddar cheese, egg, and bacon make the perfect combo once again. This time baked into crispy, warm bread that is easy for even beginner cooks to master! This dish is ideal for meal preppers, with elements that can be prepared in advance and refrigerated for multiple days.

#### **4. Shakshuka**



All you need is one pan to create this heart-healthy Shakshuka. This meal can be enjoyed at any time of day and is loaded with fresh veggies to keep you going. Serve with a few slices of toasted wholemeal and bon appetit!

**5. Individual Frittatas**





These grab-and-go individual frittatas are great for a day out. And they're equally as good at home among a few friends and/or family. If silverbeet isn't your thing, you can swap it out for one of your favourite veggies. Better yet, make each frittata different from the last one.

## **6. Eggs, Greens & Cheese Pie**



Who doesn't love a good pie? We'll definitely have a slice of this Eggs, Greens, & Cheese Pie. Each crunchy bite is packed with veggies and delicious baked eggs. A great addition to a large feast.

## **7. Zucchini Slice**



"Quiche without the crust" is what we like to call our scrumptious Zucchini Slice. It's so simple to make: just mix, pour, and bake. For a veggie-friendly option, swap the bacon for mushrooms.

## **8. Omelette Dumplings**



Who dreamed up this amazing combination of flavours?! One of our favourite meals by far, these egg-wrapper dumplings are often eaten cooked in soup across China. Top them off with a good drizzle of chilli oil and a side of soy sauce for dipping.

## **9. Pasta Primavera**



How can you go wrong with a nice Pasta Primavera? This one is a delicate balance of asparagus, egg, and peas, topped with a sprinkle of pecorino and dill. A zesty, refreshing take on the everyday pasta.

You also probably didn't realise that pasta itself is just eggs and flour! If you're feeling a little adventurous and want to try making your own at home, check out [this recipe](#).

## 10. Easy Egg Curry



This Malaysian-inspired easy egg curry is just the right blend of spice and flavour. If you're in a rush, this meal only uses a few key ingredients, making it both time-saving and cost-effective.

## **11. Egg Drop Soup**



This Egg Drop Soup is incredibly easy to prepare, considering how rich in flavour it is. It's one of the more unique takes on egg poaching that we have tasted. And it's the ultimate comfort food on a cold day.

## **12. Classic Vanilla Slice**



We could never forget about dessert! And the vanilla slice or 'snot block' in parts of Oz is a classic - great for morning tea. You've probably only purchased from a road side bakery during a road trip with the fam, but this recipe is so easy you'll be making it at home in no time.

## The Versatility of Eggs

Eggs are one of the most versatile superfoods on the planet. They can be the star of the show, or they can elevate any number of your favourite foods. Not to mention, they're one of the most affordable whole foods in the supermarket, making them the easy choice for any meal.

If you're looking for more ideas to try out, head over to our [Recipes](#) for more egg-citing inspo!