

Meals for 2 Under \$10



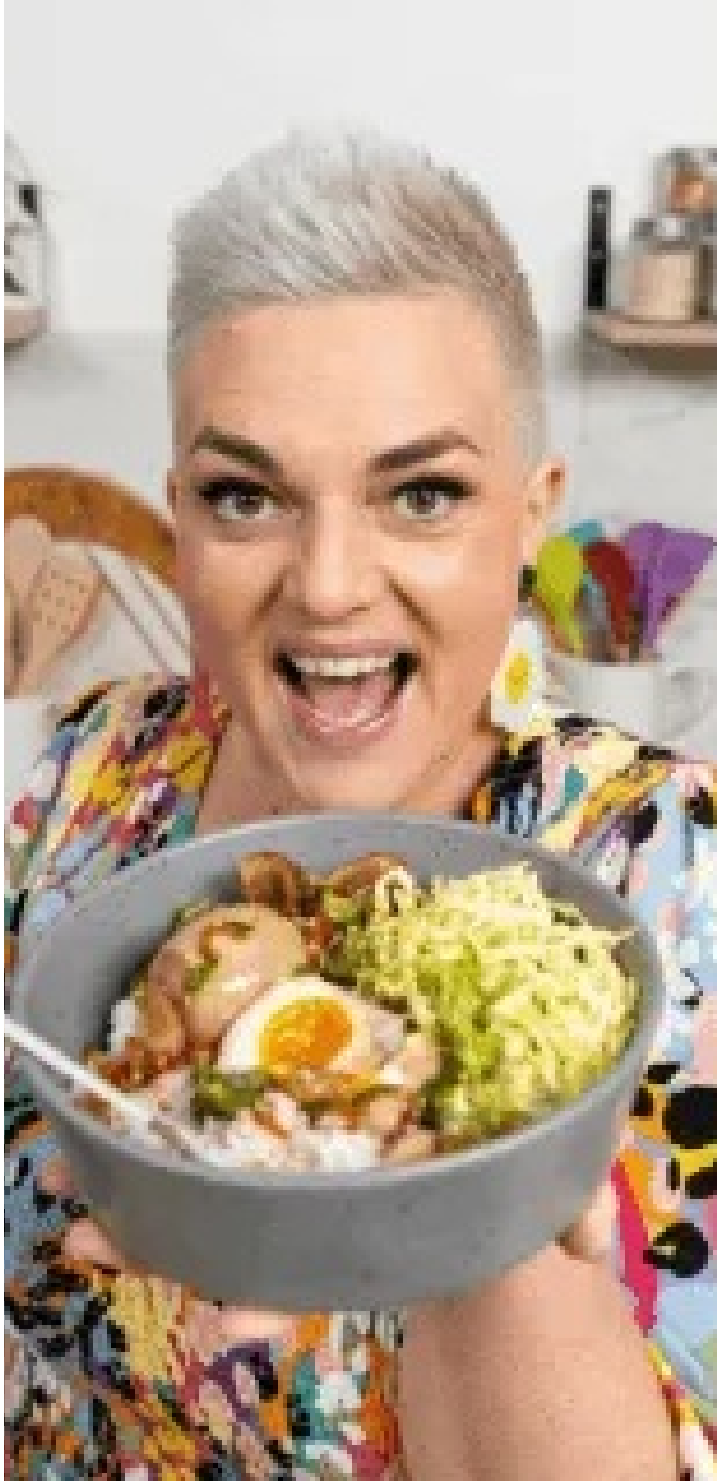
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We asked a few of your favourite recipe developers to come up with a bunch of recipes you can easily make at home for less than \$5 per serve!



Just like us, you've got bills to pay - electricity, gas, water, car insurance. The list goes on. Then there's the rent or mortgage. And we understand that it's not always easy.

But we also believe that eating nutritious meals is a basic need, and mealtimes shouldn't add to your worries. Which is why for **World Egg Day, on Friday 14th October**, we asked a few of your favourite recipe developers to put together a bunch of recipes that you can easily

make at home for less than \$5 per serve, and they taste delicious.

Have a crack at making one of the recipes below for dinner this week - all for less than \$5 per serve.

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.](#)

[Hoda Hannaway](#)



You may remember Hoda from Masterchef or you possibly follow her Instagram, TikTok and YouTube channels for delicious and easy recipes perfect for the whole family. Hoda is used to creating incredible recipes on a budget, and is highly skilled at sharing gorgeous creations with minimal ingredients and processes. You'll love her recipes for their simplicity and deliciousness!

Egg Roll Banh Mi

Crammed full of all the classic flavours of a Banh Mi but with less bread and more egg. It's higher in protein and fewer carbs than the original, and an easy one to make when you're trying to include more veggies in your diet.

"This is always on repeat in my household. It's a great way to get my kids involved at mealtimes and eating more veggies. Empower them to choose their own fillings and pick the veggies they like!"



Lebanese Potato & Egg

Batata w Bayd is a underrated comforting traditional Lebanese breakfast, and while there's many variations of the meal, this version is fragrant with cumin and other aromats and is perfect any time of the day - brekky, brunch, lunch or dinner. Regardless when you make this, be sure to have fresh Lebanese bread to mop up those delicious runny yolks.



Jane de Graaff

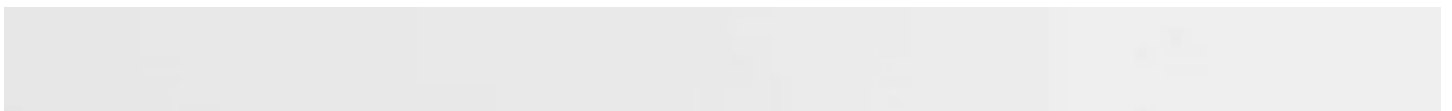


Jane is a food writer, editor and recipe developer of over a decade who shares her cooking tips, recipes and real-life hacks on Channel Nine's Today Show. She wants you to learn how to move past anxiety in the kitchen and instead find joy in just 'giving it a go'. You'll love the recipes below for showing how easy it is to transform everyday ingredients into something a little bit fancier!

Turkish Style Eggs with Spiced Brown Butter

The spiced brown butter in this recipe delivers a rich, toasty flavour over the top of the perfectly poached eggs - the added bonus is you'll probably always have the spices in your pantry! Read on to find out the secret ingredient, and make a delicious brekky, lunch or dinner at home.

But we hope you like garlic, because you're bound to smell strongly of it once you're done eating this delicious meal.







Veggie Spiral Ricotta Quiche

A delicious twist on the classic quiche, using smooth ricotta for a creamy texture and creating a visually stunning meal using veggie spirals (the perfect excuse to get out that spiraliser you never use!).

The brilliance of the eggs in this meal, is that they bind all the ingredients together - and it's a great example of how eggs might not look like the star of the show but they hold so many meals together.



Soy Pickled Chilli Eggs

These scrumptious sweet chilli soy pickled eggs are melt-in-your-mouth balls of protein, and easy enough for anyone to master.



Daen Lia



Food content creator Daen, is a recipe developer you may have come across under the handle Daen's Kitchen. Known for her 'eggcellence series', Daen was the perfect fit to share a few basic recipes you'll find easy to master that won't break the bank.

Egg Salad

This egg salad is a little bit fancy but extremely quick to make and super affordable - you'll get a meal for 2 under \$10!

Separating the yolks and mixing them with mayonnaise and Dijon mustard to make a creamy egg yolk dressing is what makes this salad extra special.



Quiche Lorraine

Quiche is a meal that people turn too often because it's affordable to make, feeds the entire family, and can be tailored to anyone's tastebuds based on the ingredients you add to the meal.



Classic Omelette

If you only learn how to make a few meals in life - an omelette should be one of them. Omelettes are extremely filling, super affordable (who doesn't love a cheap grocery bill?!), and versatile because you can choose to fill them with whatever veggies you love (or whatever you have in the fridge tonight). They're great for nights you either (a) don't know what to cook, or (b) can't be bothered to cook.



Hoda Alzubaidi



You may remember Hoda and her delicious sweet treats from The Great Australian Bake Off, where she was a semi-finalist. As a food enthusiast and art fanatic, you can expect the recipes to involve a 'WOW' factor.

Baklava Cheesecake



Cinnamon Crunch Banana Bread

Hoda has elevated your basic banana bread recipe and made it just a bit fancy - with a mouth-watering cinnamon crunch topping.



Ricotta Cake



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 section](#) for more egg-citing inspo!