

# Asparagus, Sweet Corn & Cottage Cheese Omelette



Cooking Time 10 minutes (preparation time 5 minutes) Serves 4

## Ingredients

- 4 eggs
- 1 bunch asparagus
- 1/2 cup corn kernels
- 250g low fat cottage cheese or ricotta
- Wholemeal bread
- Oil spray
- Pepper to taste



## Method

1. Crack the eggs into bowl, season and whisk.
2. Heat a non-stick pan over medium heat, spray with oil.
3. Snap the bottom part of the asparagus off and discard, wash the top part and place into the pan. Cook lightly, then set aside.
4. Wipe the pan clean with kitchen towel, set back onto the heat, spray with oil and pour in half of the egg mixture tilting the pan to cover the base.
5. Cook lightly while lifting and moving the egg around to cook more evenly.
6. Just before the omelette is cooked, add half the asparagus, corn and cottage cheese.
7. Fold the omelette in half and slide onto a plate. Repeat the process for the second omelette.
8. Serve with toasted wholemeal bread.

# Bombe Alaska

Preparation time 630 minutes Serves 12

## Ingredients

- 1 sponge cake
- 1/4 cup orange-flavoured liqueur
- 1L vanilla Ice cream
- 1/2 cup slivered almonds
- 1L mango sorbet
- 1 cup frozen raspberries, just thawed
- 4 free range egg whites
- 1 cup caster sugar



## Method

1. Line a 6 cup pudding basin with a double layer of plastic wrap. Cut a round of sponge to fit into the base of the pudding basin and a second round large enough to cover the top. Place small round into the basin and brush with some of the liqueur.
2. Scoop ice cream into a large bowl and set aside for 5 minutes until softened slightly. Add almonds and fold through. Spoon into pudding basin and spread thickly over side and sponge covered base, leaving the centre empty.
3. Scoop sorbet into a large bowl and set aside for 5 minutes until softened slightly. Lightly mash raspberries and fold into sorbet. Spoon into centre of ice cream. Smooth surface. Brush large round of sponge with remaining liqueur and press firmly onto top of ice cream pudding. Cover with plastic and freeze for 6 hours or overnight until firm.
4. When ready to serve, beat egg whites in a large bowl using electric beaters until soft peaks form. Gradually add sugar, beating until thick and glossy.
5. Remove plastic from pudding and dip basin into hot water for 30 seconds. Invert onto a plate and remove basin. Spread meringue over pudding to cover it completely. Lightly brown meringue using a kitchen blowtorch. Cut into wedges to serve.

Watch the video here: <https://www.youtube.com/watch?v=ZS3cX-OO858>

# Breakfast-in-Bed Egg Toast

Cooking Time 6 minutes (preparation time 2 minutes) Serves 1

## Ingredients

- 1 slice thick wholemeal bread
- 2 teaspoons soft butter
- 1 egg



## Method

1. Use a 9cm heart shaped or star shaped cutter to cut a shape out the centre of the bread.
2. Spread slice of bread lightly on both sides with butter. Heat the frying pan over medium low heat and add the bread. Cook for 2–3 minutes, until golden brown.
3. Turn over, and carefully crack an egg into the centre. Cover the pan with a lid or baking tray, and cook for 3 minutes, until the egg white has set.



# Classic Pavlova

Cooking Time 75 minutes (preparation time 30 minutes)

## Ingredients

- 8 free range egg whites
- 1/4 tsp cream of tartar
- 2 cups caster sugar
- 2 tsp vanilla extract
- 2 tbs cornflour
- 2 tsp white vinegar
- 2 large mangoes, skin removed, cheek thinly sliced
- 6 kiwifruit, peeled, sliced
- 600ml thickened cream
- 1 cup passionfruit pulp (you will need about 8 passionfruit)



## Method

1. Cook the rice in a pan of boiling salted water, according to the packet instructions, then drain and 1. Preheat oven to 120°C.
  2. Draw a 24 cm circle onto 3 large sheets of baking paper. Line 3 baking trays with the sheets.
  3. Place egg whites and cream of tartar into the large bowl of an electric mixer. Beat until stiff peaks form. Slowly add sugar, 1 tbs at a time, beating well after each addition, until all sugar has been added and has dissolved. Add vanilla, cornflour and vinegar and beat until well combined.
  4. Divide pavlova mixture between lined trays. Using a palette knife or spatula, spread pavlova mixture evenly within marked circles. Bake for 1 hour 15 minutes or until crisp. Turn oven off and leave oven door slightly ajar to allow pavlova discs to cool completely.
  5. Beat cream until thick. Place a pavlova disc on a large serving platter. Spread cream over and decorate with of fruit. Repeat with remaining pavlova discs, cream and fruit.
- Serve immediately.

# Egg & Bacon Pies

Cooking Time 25 minutes (preparation time 10 minutes) Serves 4

## Ingredients

- 4 eggs
- 1 sheet puff pastry, frozen and thawed
- 4 rashers bacon
- 4 tablespoons low fat sour cream
- 4 sprigs parsley, chopped
- Pepper to taste
- Oil spray



## Method

1. Preheat oven to 200°C.
2. Spray four compartments of a muffin tray with spray oil, cut the pastry into quarters and gently press the pastry into the muffin tin.
3. Place bacon onto a baking tray and cook in the oven for 3 – 4 minutes or until done, place onto a kitchen towel to drain and cool, place bacon into the base of pastry shell.
4. Mix sour cream, parsley and pepper and spoon over bacon.
5. Crack egg over sour cream.
6. Place in the oven and bake for 15 – 20 minutes or until cooked.
7. Remove from oven, carefully remove pastry from tin and serve.

# Egg & Zucchini Rolls

Cooking Time 25 minutes (preparation time 15 minutes) Serves 4

## Ingredients

- 1 1/2 tbs olive oil
- 3 tsp soy sauce
- 1 1/2 tsp maple syrup
- 1 1/2 tsp smoked paprika
- 3 small zucchini
- 4 brioche buns, split
- 4 eggs
- rocket leaves, to serve



## Method

1. Preheat oven to 180°C. Line 2 baking trays with baking paper.
2. Combine oil, soy sauce, maple syrup and paprika in a small bowl. Season with pepper. Set aside.
3. Using a vegetable peeler, thinly slice zucchini into strips. Place strips on trays in a single layer. Brush both sides of each strip with sauce mixture.
4. Cook zucchini for 15 minutes. Remove from oven and turn strips over, then return to oven and bake for a further 8-10 minutes or until golden.
5. Meanwhile, toast buns and fry eggs. Top bun bases with relish, rocket, egg, zucchini and more relish. Top with bun lids and serve.

Source: <https://www.woolworths.com.au/shop/recipeDetail/7949/egg-zucchini-rolls>



# Egg, avocado, spinach and tomato wrap

Cooking Time: 10 minutes Serves 4

## Ingredients

- Canola oil spray
- 4 eggs
- 4 sheets wholemeal lavash bread
- 2 tablespoons reduced fat cream cheese
- 50g baby spinach leaves, washed
- 1 large avocado, sliced
- 2 vine ripened tomatoes, sliced
- Cracked black pepper, to taste



*Image: Louise Lister*

## Method

1. Spray a non-stick fry pan lightly with canola spray. Heat the pan, add the eggs and fry until done to your liking, remembering that they will cook further in the sandwich press.
2. While the eggs are cooking lay the lavash out on a clean surface. Divide the cream cheese among the four pieces and spread along the centre.
3. Top with the spinach, avocado, tomato and egg and season with pepper.
4. Roll up, then place in a ridged sandwich press and toast until crisp and heated through.

Try our apple and cinnamon breakky muffins.

*Recipe: Jody Vassallo via [www.heartfoundation.org.au](http://www.heartfoundation.org.au)*

# Feta & Spinach Omelette

Cooking Time 15 minutes (preparation time 5 minutes) Serves 2

## Ingredients

- 1/2 bunch English spinach
- 1 teaspoon olive oil
- 1/2 small onion, finely chopped
- 1 garlic clove, crushed
- 30g reduced fat feta, crumbled
- Pepper to taste
- 4 eggs
- Salad, to serve
- Crusty wholemeal bread, to serve



## Method

1. Pull the spinach leaves from the stalks. Wash and dry the leaves, then finely shred.
2. Heat half of the oil in a 24cm (top measurement) non-stick frying pan. Cook the onion over medium heat for about 4 –5 minutes, until soft and lightly golden.
3. Add the garlic and cook for 1 more minute. Add the spinach and mix through the onion. Stir until wilted slightly. Sprinkle the feta over the top.
4. Lightly beat the eggs in a jug, and season. Pour the eggs into a frying pan. Cook over medium low heat for 5 minutes, until set underneath. Cook the top of the omelette under a hot grill for 2 – 3 minutes, until set. Alternatively, slide the omelette onto a plate, and invert back into the pan. Slide out onto a plate and cut into 6 wedges.
5. Top with feta and spinach mixture, serve with salad and crusty bread.



# Jamie Oliver's Best Ever Ham & Mushroom Omelette



## Ingredients

- 1/2 clove of garlic
- 50g mushrooms
- 25g cheddar cheese
- 25g higher-welfare leftover cooked ham
- A few sprigs fresh flat-leaf parsley
- A few sprigs fresh chives
- Olive oil
- 2 large free range eggs



## Method

1. Peel and very finely slice the garlic and trim and roughly slice the mushrooms. Coarsely grate the cheddar, shred the ham into strips and pick the parsley leaves, then finely chop along with the chives.
2. Put the garlic into a small non-stick pan with 1 teaspoon of olive oil on a medium heat and cook for around 1 minute, or until lightly golden. Add the mushrooms, a pinch of sea salt and black pepper, then fry gently for a few minutes, or until all the liquid has evaporated. Tip into a bowl and put aside.
3. Crack the eggs into a mixing bowl, season lightly with salt and pepper and whisk together well. Wipe out your frying pan with a piece of kitchen paper and then place the pan back on a medium heat. Add 2 teaspoons of olive oil, then swirl to coat the pan.
4. Tip in the eggs and give the pan a good shake, then with a wooden spoon, pull back the cooked egg from the sides allowing the runny egg to fill the gap – do this several times, tilting the pan to help the egg run. When there's no more runny egg on the surface of the omelette, sprinkle over the shredded ham, mushrooms and the cheddar, then fold the omelette up like an envelope. Tip onto a warm plate and sprinkle with the chopped herbs, then serve.

# Jamie Oliver's

## One-Pan Huevos Rancheros

Jamie's Tip: To turn this recipe into a late brunch or lunch, serve it up with black beans, some steamed rice, and a bottle of Tabasco or chilli sauce on the side.

Serves 4

### Ingredients

- 1 tbs olive oil
- 1 red onion, diced
- 200g English spinach, shredded
- ½ cup chargrilled capsicum, drained, sliced
- 8 free range eggs, lightly beaten
- 150g feta, crumbled
- 4 tbs pine nuts
- sage leaves, to garnish



### Method

1. Peel the potatoes and place in a pan, just cover with boiling salted water and cook on a medium heat for 15 minutes, or until tender. Drain and leave to steam dry.
2. Preheat the grill to medium-high.
3. Cut the chorizo into 1cm chunks, and peel and finely slice the garlic. Pick the parsley leaves and finely chop the stalks. Halve, de-seed and finely slice the capsicums. Roughly chop the tomatoes.
4. Place a large non-stick frying pan over a medium heat, drizzle in a little oil, add the chorizo and fry for 3 to 4 minutes, or until golden, stirring occasionally.
5. Add the garlic and parsley stalks, then continue frying for a further 2 minutes. next, add the capsicums and paprika, reduce the heat to medium-low and cook for 10 minutes, or until the capsicums are soft and turning golden.
6. Squash the potatoes slightly with your thumb and add to the pan – this will help them suck up all that incredible flavour. Turn the heat up to medium and fry for 3 to 4 minutes, stirring regularly.
7. Reduce the heat to medium-low, add the tomatoes, and continue cooking for 5 minutes, or until the tomatoes have cooked down slightly.
8. Using the back of a spoon, make 4 wells in the pan. Carefully crack in the eggs, fry for 2 minutes, then pop under the grill for 2 to 3 minutes, or until cooked to your liking – keep an eye on it.
9. Season to taste with sea salt and black pepper, sprinkle over the parsley leaves, and take straight to the table. Delicious served with tortillas for mopping up all the juices.



# Jamie Oliver's Stir-Fried Rice With Ham & Prawns



Serves 4

## Ingredients

- 320g basmati rice
- 2 cloves of garlic
- 5cm piece of ginger
- 1 bunch of spring onions
- 1 red capsicum
- 120g leftover cooked higher-welfare ham
- olive oil
- 1 tsp curry powder
- ½ tsp Chinese five-spice powder
- 80g cooked peeled prawns, from sustainable sources
- 50g beansprouts
- low-salt soy sauce
- 4 large free range eggs
- sesame oil
- ½ a bunch of fresh chives



## Method

1. Cook the rice in a pan of boiling salted water, according to the packet instructions, then drain and spread out on a tray to cool.
2. Meanwhile, peel and finely chop the garlic and ginger, then trim and finely slice the spring onions.
3. Deseed and slice the capsicum, then shred the ham.
4. Heat a splash of olive oil in a wok or large frying pan over a high heat, then add the garlic, ginger, curry powder and five-spice, then fry for around 2 minutes or until lightly golden.
5. Add the ham, prawns, beansprouts, capsicum and most of the spring onions, then fry for 1 further minute, stirring regularly.
6. Tip the mix into a clean bowl and return the pan to the heat. Add a splash of olive oil and tip in the cooled rice.
7. Stir-fry for around 3 minutes, or until hot through with crispy edges, then tip in the cooked veg.
8. Add 1 teaspoon of soy, then mix together and remove from the heat.
9. Heat 1 tablespoon of olive oil in a large frying pan over a medium heat, crack in the eggs and fry gently to your liking.
10. Tip the stir-fry onto a large serving plate and carefully place the eggs on top, then scatter with the reserved spring onions.
11. Season to taste, then drizzle with a little sesame oil. Finely chop and scatter over the chives, then serve.



# Mini Egg Meatloaf

Cooking Time 40 minutes (preparation time 10 minutes) Serves 4

## Ingredients

- 5 eggs
- 500g lean beef mince
- 1 cup fresh wholemeal breadcrumbs
- 1 small onion, grated
- 1 medium carrot, grated
- 1 tablespoon tomato sauce
- 1/3 cup barbecue sauce



## Method

1. Preheat 200°C and line a baking tray with baking paper.
2. Place 4 eggs into a saucepan just large enough to fit eggs in neatly. Cover with cold water and bring to the boil over medium heat, cook until hard-boiled. Drain and cool under cold running water until completely cold. Peel and set aside.
3. Combine mince, breadcrumbs, onion, carrot, tomato sauce and remaining egg; mix well with clean hands until thoroughly mixed. Divide mixture evenly into 4 and form into balls and place on trays. Push a hard boiled egg into the centre of each meatloaf and reshape into small rectangle, making sure to have a flat top.
4. Bake 15 minutes. Remove and drain excess fat from tray Spoon barbecue sauce over the top of each loaf and return to oven; cook a further 10 minutes. Stand on tray for 5 minutes before cutting in half.

# Russian Egg Salad

Cooking Time 10 minutes (preparation time 5 minutes) Serves 4

## Ingredients

- 6 eggs
- 1/4 cup light sour cream
- 1/4 cup low fat yoghurt
- 1 teaspoon Dijon mustard
- 2 tablespoons chopped char grilled or roasted red capsicum
- 1 tablespoon chopped chives, plus extra to garnish
- 8 slices rye bread



## Method

1. Place eggs into a saucepan large enough to hold eggs in a single layer. Cover with cold water and bring to boil, cook for ten minutes. Drain and cool under cold water, then peel. Roughly chop the eggs.
2. Combine the sour cream, yoghurt and mustard until smooth. Stir in the chopped egg, chives and char grilled or roasted capsicum.
3. Pile onto the rye bread as an open sandwich. Sprinkle with extra chives.

# Sweet Potato and Bacon Frittata with Rocket & Pear Salad



Cooking Time 30 minutes (preparation time 10 minutes) Serves 4

## Ingredients

### FRITTATA

- 8 eggs
- 1/2 cup low fat milk
- 1 cup sweet potato, diced
- 80g bacon eye, diced
- Pepper to taste
- Oil spray

### SALAD

- 1 bag rocket leaves
- 1 pear, thinly sliced or shaved
- 1/2 cup walnuts, crumbled
- 1 teaspoon balsamic vinegar
- 3 teaspoons extra virgin olive oil
- Pepper to taste



## Method

1. Preheat oven to 180°C.
2. Crack the eggs into a bowl add milk and whisk, add pepper to taste.
3. Spray an ovenproof pan or dish with oil place onto the stove and heat.
4. Add sweet potato, onion, bacon and sauté lightly then add the egg mixture.
5. Stir and place into the oven for around 25 minutes or until cooked.
6. In the meantime place rocket leaves onto a plate, sprinkle with pear and walnuts, drizzle with oil and vinegar, season with pepper.
7. Remove frittata from oven, leave to cool for 5 minutes, remove from pan and cut into portion size triangles.
8. Serve with rocket salad on the side.



# Thai beef salad with egg nest

Cooking Time 10 - 15 minutes (preparation time 20 minutes) Serves 4

## Ingredients

- 400g rump steak, trimmed
- Spray olive oil
- 3 eggs
- 2 Lebanese cucumbers, grated
- 1 carrot, peeled and grated
- 1 red onion, halved, cut into thin wedges
- 200g cherry tomatoes, halved
- 1 cup mint leaves
- 1 cup coriander leaves
- 1 cup Thai basil leaves
- 2 tablespoon roasted unsalted peanuts, roughly chopped
- Lime Ginger Dressing
- $\frac{1}{4}$  cup lime juice
- $\frac{1}{2}$  tablespoon fish sauce
- 1 teaspoon finely grated ginger
- 1 tablespoon salt reduced soy sauce
- 1 teaspoon sesame oil



## Method

1. Preheat a BBQ grill or chargrill pan on high. Lightly spray grill with olive oil. Cook steak on the grill for 2-3 minutes each side for medium or until cooked to your liking. Transfer to a plate. Set aside for 10 minutes to rest then thinly slice.
2. To make the dressing, combine lime juice, fish sauce, ginger, soy sauce and sesame oil in a small bowl and whisk to combine. Set aside.
3. Place the eggs in a medium bowl and whisk to combine. Heat a non-stick frying pan over medium heat. Lightly spray pan with olive oil. Working quickly, using a whisk, drizzle the pan with a quarter of the mixture back and forth into the pan to form a crisscross pattern. Cook until crisp. Carefully remove and set aside. Repeat with remaining egg mixture, to make 4 egg nests.
4. Place the cucumber, carrot, red onion, cherry tomatoes, mint, coriander, Thai basil leaves and dressing in a large bowl and toss to coat.
5. Divide the egg nests between the plates and top with salad, sliced rump steak and peanuts to serve.

Tip: Beef can be substituted for chicken breast.