



Soft-Boiled Eggs with Toast Soldiers

Serves 1 (contains approximately
270 kcal)

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Ingredients

2 eggs
1 slices wholemeal bread
1 teaspoon butter (5g)
salt (optional) and freshly ground
black pepper

Method

Bring a pan of water to the boil over a medium heat.
Gently lower in the eggs into the water and cook for 4-5 minutes.
Meanwhile, toast the bread and spread with the butter,
then cut into soldiers.
Carefully lift the eggs out with a spoon or tongs if you have one
and put into eggcups.
Crack off the tops and season lightly with a little salt (optional)
and pepper to taste.
Put on a plate with the toast soldiers alongside to serve.

* Suitable for vegetarians