

# Egg-in-a-Cup

This recipe is a slight twist on the traditional 'poached egg on toast' as it is served in a cup or mug. It makes a tasty hot breakfast within a matter of minutes.



Barley (gluten), egg, milk, soya and wheat (gluten)\*

Nutritional information per portion (108g):

Energy	Fat	Saturates	Sugars	Salt
953kJ 227kcal 11%	<b>13g</b> 19%	<b>3.6g</b> 18%	<b>1.1g</b> 1%	<b>0.82g</b> 14%

of an adult's reference intake.  
Typical values per 100g: energy 883kJ/210kcal.

## Equipment

Measuring jug  
Kettle  
Small bowl  
Toaster  
Knife  
Measuring spoons  
Microwave-safe cup  
OR mug  
Sharp knife  
Dessert spoon  
or slotted spoon  
Oven gloves  
Kitchen paper

## Ingredients

**Serves 1**  
100ml water  
1 large egg  
1 slice wholemeal bread  
10g unsaturated fat spread  
1 x 5ml spoon malt  
OR white vinegar

\*Presence of allergens can vary by brand – always check product labels. If you serve food outside the home you must make allergen information available when asked.



## Top Tips

- If you are cooking for more than one person, cook the eggs one at a time as it is difficult to judge the timing of more than one egg.
- This recipe is based on using a large egg at room temperature. You will need to vary times if using smaller eggs or if they come straight from the fridge.
- The vinegar helps to stop the egg white spreading in the water and does not affect the taste of the egg.
- Babies over 6 months old can be given eggs, but they must be well cooked, so make sure both the white and yolk are solid. Avoid runny eggs until your child is older.

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## Method

1. Boil the kettle with at least 100ml water.
2. Break the egg into a small bowl.
3. Toast 1 slice of bread and thinly spread with the unsaturated fat spread. Cut into approximately 5cm squares.
4. Fill the cup one-third full with boiling water and add the vinegar and then the egg. Prick the egg yolk with the tip of a sharp knife.
5. Place the cup in the microwave for 30 seconds on full power (timings based on an 800W microwave). If you hear a popping sound you should check the egg immediately as it may be cooked.
6. Remove the cup and gently turn the egg over using a dessertspoon or slotted spoon. Put back in the microwave and heat for a further 10 seconds on full power.
7. Remove the cup, lift out the egg using a slotted spoon and rest on a folded piece of kitchen paper. Pour away the water and dry the cup with kitchen paper before popping the egg back in.
8. Add the toast to the cup, mix in and serve immediately.

## Something to try next time

- To turn this into a light lunch, try the following: half-fill the cup with fresh spinach (washed and dried on kitchen paper) and 1 mushroom (finely chopped). Cover with clingfilm (pierced) or a plate and heat on full power for 1 minute. Break in the egg and prick the yolk with the tip of a sharp knife. Top with 1 x 15ml spoon of grated cheese and some black pepper, cover as before and heat on full power for 30 seconds. Leave to stand for a minute and check that the egg is cooked. If not, cook for another 10 seconds. Serve with bread or toast.
- Mix in 25g of smoked salmon trimmings, cooked smoked haddock or ham and serve with toast on the side.

## Prepare now, eat later

- This dish is best eaten straight away.

### Skills used include:

Measuring, microwaving and spreading.