



## COLOURFUL BREAKFAST EGG NESTS

12 nests

Greased muffins tin (12)  
Preheat oven to 180 degrees

12 x slices of brown or whole wheat bread (crusts can be removed – optional)  
12 large eggs

Cut the crusts off the bread carefully, and mould the bread into the muffin tin, one piece per rounds, flatten gently with your hands. Crack one egg into each round and bake for about 10 minutes.

Take out and shake the tin to see if the mixture is still wet or not.

Cheese could be put on to melt for 2 minutes, optional.

Take the eggs out and place onto plates and serve with the following:

½ punnet cherry tomatoes cut into half  
½ packet baby fresh spinach leaves, sliced thinly  
1 orange or yellow pepper, diced into small cubes  
Grated cheese

Sprinkle the cheese over the egg as they come out of the oven and are on the individual plates.  
Then add all the other ingredients on top.

This dish looks beautiful and tastes amazing for breakfast.  
Great for mother's day or just a family for Sunday breakfast.

## BOILING EGGS

The easiest way to boil an egg is to place your eggs into a saucepan of cold water. The water must cover the eggs. Then turn the stoveplate on to let the water boil. When the water is boiling, remove the saucepan from the hot plate, cover with the lid of the saucepan and leave the eggs in the hot water for 7-8 minutes for a soft boiled egg and 10 minutes for a hard-boiled egg.

Tip: Make sure the eggs are room temperature before you start.

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