



INSTRUCTION CARD - FRYING EGGS

(SERVES 4)

INGREDIENTS:

Canola oil spray
4 eggs

UTENSILS:

Frying pan
Lid
Spatula

METHOD:

1. Spray canola oil to lightly cover the surface of the frying pan. Heat frying pan on medium heat until hot.
2. Hold the egg in one hand and tap it firmly on a hard, flat surface to crack one side of the egg.
3. Place two thumbs at either side of the crack and gently pull the shell apart. Let the egg yolk and white drop slowly into the frying pan being careful to not let any egg shell fall in.
4. Cook eggs using one of the following options:
 - Sunny-side up - Cover the frying pan with lid and cook for 3 minutes or until egg white is cooked through.
 - Over easy - Let the egg cook for 3 minutes or until the egg white is cooked through. Place the tip of the spatula under egg and quickly flip it. Allow to cook for 1 more minute.
 - Over medium - Let the egg cook for 3 minutes or until the egg white is cooked through. Place the tip of the spatula under the egg and quickly flip it. Allow to cook for 2 to 3 more minutes or until yolk is slightly cooked.
 - Over hard - Let the egg cook for 3 minutes or until the egg white is cooked through. Place the tip of the spatula under egg and quickly flip it. Allow to cook for 4 to 5 more minutes or until yolk is hard and completely cooked.
5. Once cooked, serve eggs as desired.

NOTE: Do not use broken, cracked or out of date eggs (refer to the information sheet Safe Egg Handling for information and advice).



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