

Easy Egg Cups



Method

1. Preheat oven to 180 °C.
2. Heat a non-stick pan.
3. Fry the garlic, add eggplant and mushrooms. Season with some pepper and salt.
4. Cook for about 3-5 mins till the vegetables are just cooked, then remove from pan and set aside.
3. Lightly grease muffin tin with sunflower oil. Line each muffin hole with the flattened bread slices. Bake the bread at 180 °C for 3-5 minutes or until crispy.
4. Sprinkle the cheese first, followed by the cooked vegetables, tomato, dried herbs and pepper.
5. Lastly, crack an egg into each cup. Bake for 10-12 minutes until the whites are just set.



Assembly

1. Once cooled, add eyes and snout using cut out nori sheets. And cut out the tomato as the tongue.

*TIP: Toaster may be used if oven is not available. However, cooking time may be longer.

Ingredients

<i>Egg cups</i>	2 tbsp	Soyabean oil (optional for frying ingredients)
	2	Garlic cloves, minced
	50 g	Eggplant, diced
	100 g	White mushrooms, diced
	To taste	Salt & pepper
	4 slices	Wholemeal bread, rolled flat
		Soyabean oil for greasing muffin tin
	½ – 2 tbsp	Low-fat grated cheese
	1	Tomato, diced
		Dried herbs (oregano, rosemary, mixed Italian herbs)
	4	Eggs
<i>Food art</i>	1	Nori sheet (seaweed) (for eyes & snout)
	1	Cherry tomato

Nutritional Information	Energy
Total servings 	800 kcal
Per serving 	200 kcal