



Cook time: 10 mins

Serves: 8

Prep time: 10 mins

Easy Egg Cups

Ingredients

- Sunflower oil* for greasing muffin tin
- 8 slices wholemeal bread*
- 8 tbsp grated low-fat cheese*
- 8 eggs
- 2 white mushrooms, diced
- 8 slices of eggplant
- 1 tomato, diced
- Pepper to taste
- Dried herbs (e.g. oregano, rosemary, mixed Italian herbs)

*Choose products with the Healthier Choice Symbol.

Method

- Preheat oven to 180°C.
- Use a roller to lightly flatten out the bread. Removing the bread crust can make it easier to flatten.
- Lightly grease muffin tin with sunflower oil. Line each muffin hole with the flattened bread slices. Bake them for 3–5 minutes or until crispy.
- Sprinkle ½ tbsp of cheese on the bottom of each muffin tray, followed by a slice of eggplant and the diced mushrooms. Crack an egg into each cup, sprinkle some dried herbs on top and pepper to taste. Bake for 10–12 minutes or until whites are just set.
- Top each egg with another ½ tbsp of cheese and diced tomatoes. Continue baking until cheese is melted and eggs are cooked to your preference.
- Serve as appetisers, finger food for guests, or a full meal with two egg cups.
- A toaster oven may be used if an oven is not available. However, cooking time may be longer.

Nutrition Information (Per Serving):

Energy: 183kcal

Protein: 11.6g

Total fat: 7.45g

Carbohydrates: 16.3g

Dietary fibre: 3g