

Good to Eat

Enjoy our series of quick, easy and delicious recipes to help you live the low carbohydrate lifestyle.

The Humble Boiled Egg

Ingredients

2 free range eggs



Method

You cant' go past a boiled egg for an easy, nutritious meal. Just perfect for breakfast or that Sunday night lazy dinner. Xoxo

1. Place eggs in a saucepan with cold water.
2. Place the pan over medium heat and simmer.
3. Simmer the eggs for 4 minutes for a soft-boiled egg. For a semi-firm egg yolk with firm a white, simmer for 5 minutes. For a hard-boiled egg, simmer for 8 minutes.
4. Use a slotted spoon to transfer to an eggcup and serve immediately.



Preparation Time: 2 minutes

Cooking Time: 10 minutes

Author: Fran Ramsay

Serves 4

For more recipes and information on living the low carbohydrate lifestyle find us at:

www.goodtoeat.com.au