

Easy Egg Cups

Makes 6 cups

Energy: 150 Calories per cup

Ingredients for egg cups:

- 2 tsp soyabean oil
- 50g of eggplant, diced
- 2 white mushrooms, diced
- 2 garlic cloves, minced
- Salt and pepper to taste
- Soyabean oil for greasing muffin tin
- 4 slices wholemeal bread, rolled flat
- 8 tbsp grated low-fat cheese
- 1 tomato, diced
- 4 eggs
- Dried herbs (oregano, rosemary, mixed Italian herbs)

Ingredients for assembly:

- 1 nori sheet for making the eyes and snout
- 1 cherry tomato

Method:

1. Preheat oven to 180°C.
2. Heat soyabean oil in a non-stick pan.
3. Sauté the eggplant and mushrooms with some minced garlic and cooking oil. Season with some pepper and salt. Cook for about 3-5 mins till the vegetables are just cooked, then remove from pan and set aside for use later.
4. 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.
5. Sprinkle the cheese first, followed by the cooked vegetables, tomato, dry herbs and pepper. Lastly, crack an egg into each cup. Bake for 10-12 minutes until the whites are just set.

Assembly:

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

*tip - A toaster may be used if an oven is not available. However, cooking time may be longer.