

Easy Hard Boiled Eggs



Preparation time: 5 mins

User Rating: ★★★★★

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Hard boiled eggs can do more than just feature on top of your favourite salad or as the base for delicious deviled eggs.

A hard boiled egg is also a versatile and healthy snack in its own right.



Cooking a great hard boiled egg really comes down to timing. The cooking time for one or two hard boiled eggs is 8 minutes. If you're cooking a few more in the saucepan, add an extra minute to your timer.

Ready to crack into some easy hard boiled eggs, get your timer ready.



Ingredients

- Eggs
- Tap water
- Salt and pepper

Method

1. Take a saucepan and half fill it with cold water from the tap. Gently lower the eggs into the saucepan one at a time.
2. Place the pan over a medium heat. When the water reaches a simmer, start the timer so you can precisely time the cooking process. If you gently stir the eggs in a clockwise direction, the movement of the water will help centre the yolks.
3. Simmer the eggs for 8 minutes for hard boiled eggs
4. Use a slotted spoon to remove the eggs from the water.
5. Cool the eggs by running them under cold tap water for 30-60 seconds or placing them in a bowl of iced water. Cooling helps to prevent the egg from forming a green ring around the yolks.

Notes

- Don't boil the water too hard: a light simmer is all that you need.
- Don't overcook the eggs, even for hard boiled eggs. The yolks will start turning grey and the whites will go rubbery.
- **To peel a hard boiled egg**, first run it under cold tap water or submerge it in a bowl of cold water. Then gently crack the shell all over by tapping it on a hard surface and roll it around in your hands to help loosen the shell.
- Don't know whether your egg is hard boiled or still fresh? Spin it. If the egg spins around smoothly and evenly then it's hard boiled.
- If cooking more than two eggs, make sure your eggs fit in the saucepan in a single layer.
- Don't just glance at the clock, set a timer to get consistent hard boiled eggs every time.
- Hard boiled eggs can be refrigerated for up to 7 days, but get them in the fridge within two hours of cooking.

- Store your hard boiled eggs in an air-tight container in the refrigerator. Eggshells are porous, and without a protective container it can absorb some of the smells and flavours of the fridge.

Hard or soft boiled? Find out [how to make the perfect boiled egg here](#).

Nutritional Information

Serving size	Energy	Protein	Total fat	Saturated fat	Carbs (total)	Carbs (sugar)	Sodium	Vitamin D
55g	316kj 76kcal	6.8g	5.2g	1.4g	0.4g	0.2g	70mg	3.3µg

All nutrition values are per serve.