

# Herbed Boiled Eggs



Preparation time: 10 mins

Serves: 4 people

User Rating: ★★★★★

Publication: 28 April 2014

Categories: Quick & Easy, Breakfast Recipes, Vegetarian



## Ingredients

- 4 large eggs
- 2 tablespoons flat leaf parsley, chopped
- Sourdough toast, for serving

## Method

1. Place the eggs in a saucepan of already boiling water. Cook for 4-6 minutes before rinsing the eggs under cold water.
2. Once cool enough to touch, peel the eggs and roll in chopped parsley.
3. Serve with your sourdough toast.

Notes

Swap out parsley for your favourite herb or spice

Use wholegrain toast instead of sourdough

Want to know how to make perfect boiled eggs, every time? Discover [our easy boiled eggs recipe](#) today!

Nutritional Information

Serving size	Energy	Protein	Total fat	Saturated fat	Carbs (total)	Carbs (sugar)	Sodium	Fibre	Vitamin D
61g	317kj 76kcal	7.5g	5g	1.4g	0.2g	0.2g	90mg	0.1g	3.5µg

All nutrition values are per serve.