

Easy Microwave Poached Eggs



Preparation time:	5 mins
Serves:	1 person
User Rating:	★★★★☆

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Ingredients

- 10g butter
- 2 eggs
- ¼ cup of your favourite omelette ingredients
- 3 thin slices mozzarella cheese
- fresh herbs (if desired)
- pepper (to taste)

Method

1. Melt butter in microwave-safe dish in microwave for 30 seconds (uncovered).
2. Put ingredients into the melted butter, gently tossing to coat. Cover with plastic film, and pierce a hole in top. Cook 2½ minutes on high. Remove and let sit (so that steam subsides), say one minute.

3. Meanwhile beat two eggs and pour them over the ingredients and with a spoon stir to make sure eggs travel right through to the base of the dish. Cover with plastic film again and microwave for a further 1½ minutes.
4. Let sit a further 1½ minutes to complete cooking and gently remove the plastic before serving.

Nutritional Information

Serving size	Energy	Protein	Total fat	Saturated fat	Carbs (total)	Carbs (sugar)	Sodium	Fibre
199g	1720kj 411kcal	29.6g	32.3g	17.2g	0.4g	0.4g	592mg	0.3g

All nutrition values are per serve.