




10 mins

Snack

Dippy egg and soldiers (Hob)

Allergens



EGGS



WHEAT



SOYA

Utensils



Knife



Saucepan



Sieve



Slotted spoon

You will need...



2 x medium eggs




1 slice thick wholegrain bread



1 tsp low fat butter

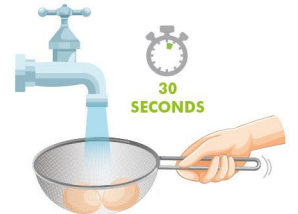
- 1** Turn the hob to a high heat. Fill a saucepan halfway with water and place on the hob. Allow the water to boil.
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- 2** Carefully place the eggs into the water using a slotted spoon and set the timer for 5 minutes
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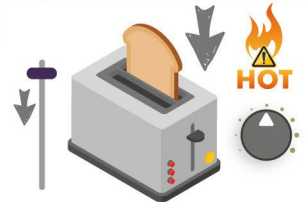
- 3** After the 5 minutes is up, drain the water in a sieve



- 4** Run the eggs under cold water in the sieve for about 30 seconds



- 5** Pop the bread in the toaster on a medium setting



- 6** Once the toast is done, spread with butter, and cut into thick strips



- 7** Place the eggs into egg cups and cut the eggs 1 inch from the top



- 8** Dip the toast into the runny egg yolk and...



Enjoy your snack!