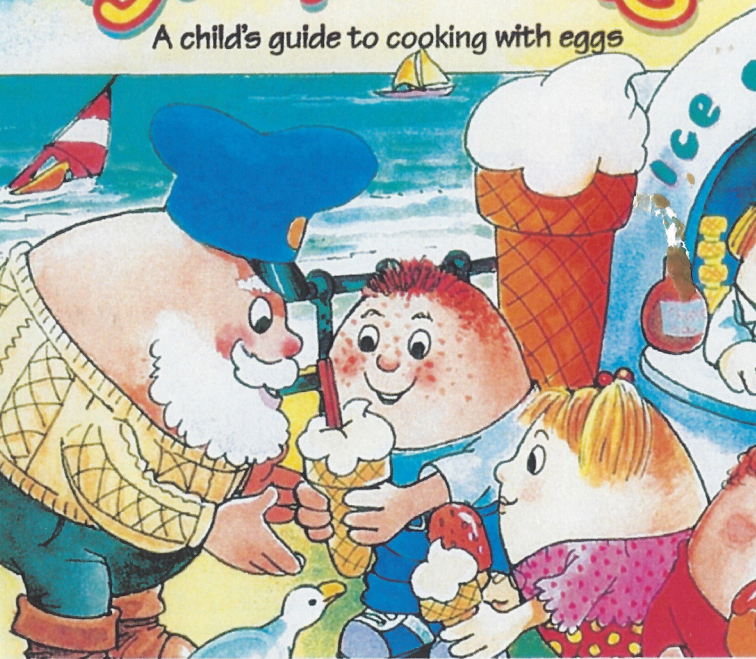


# Simply Kids

A child's guide to cooking with eggs



With step-by-step illustrations

Eggs make a meal out of anything



# Curly Egg Pasta

Preparation: 10 minutes

Cooking: 18 minutes

Serves: 4

## You will need:

- |                                       |                                   |
|---------------------------------------|-----------------------------------|
| 6 large Lion Quality eggs             | 50g/2oz butter                    |
| 225g/8oz fusilli or<br>spirella pasta | 30ml/2 tablespoons<br>plain flour |
| 100g/4oz broccoli florets             | 75g/3oz grated<br>Cheddar cheese  |
| 50g/2oz frozen sweetcorn              | 15ml/1 tablespoon<br>pesto sauce  |
| 50g/2oz frozen peas                   |                                   |
| 300ml/1/2 pint milk                   |                                   |

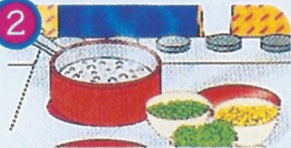


1



Put the eggs in a small pan of cold water and bring to the boil, simmer for 7 minutes. Drain the eggs, then rinse in cold water until cool. Crack and peel away the shell and roughly chop the eggs.

2



Bring a large pan of water to the boil; add the pasta and a pinch of salt and cook for 5 minutes or until tender. Drain and set aside.

3



Bring the milk, butter and flour to the boil in a medium pan. Using a balloon whisk, mix occasionally until the mixture boils and thickens. Simmer for 1 minute.

4



Stir the cheese, pesto sauce, eggs and pasta into the sauce and toss together. Serve immediately.

# Pizza Baked Eggs

Preparation: 10 minutes  
Cooking: 10-12 minutes  
Serves: 4

## You will need:

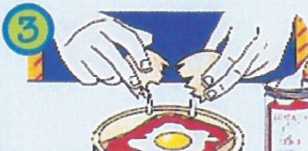
4 slices white bread  
60ml/4 tablespoons olive oil  
120ml/8 tablespoons tomato  
and herb pizza topping sauce  
4 large Lion Quality eggs  
75g/3oz Cheddar cheese



1 Preheat the oven to 180C/Fan 160C/350F/Gas Mark 4. Brush the inside of four medium, shallow oven-proof dishes with a little of the oil.



2 Push a bread slice into each dish and drizzle over the remaining oil. Bake for 5 minutes.



3 Divide the tomato and herb pizza sauce between the dishes, spreading it to the edges of the bread. Crack an egg into each dish. Scatter the cheese over eggs.



4 Bake for 10-12 minutes or until the egg whites are set and the yolks still a little runny. Serve immediately.

# Information for parents - cooking with eggs

Learning to cook with eggs is easy and rewarding for both kids and parents. The recipes in this leaflet have been created for children to prepare - under supervision - and while they are quick and simple, they also demonstrate how eggs can turn the most basic ingredients into a delicious meal for anyone in the family.

Cooking is great fun and provides an opportunity to learn about kitchen

safety and nutrition: knowledge that will be of lifelong use. And the excitement of helping with the cooking guarantees a clean plate.

Eggs are a great source protein and are full of essential vitamins and minerals; they are also relatively low in saturated fat making them a healthy fast food.

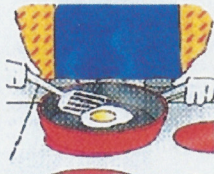
So "egg on" the kids, choose a recipe and get cracking!

## Information for kids - words cooks use



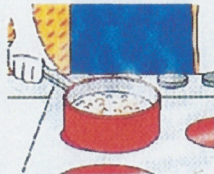
### To Beat

To stir foods quickly with a whisk or a fork, to make them smooth



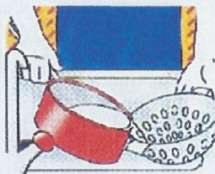
### To Fry

To cook food all in one hot pan



### To Simmer

To cook in water that is heated until bubbles appear



### To Drain

To pour away the water used for boiling through a colander



### To Grate

To shred food by rubbing against a metal grate



### To Season

To add salt and pepper to taste