



# Young cooks



**eggrecipes**  
From basic to adventurous

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Welcome to Young cooks – the website where new chefs can learn and discover all about cooking with eggs and just how much fun getting involved in the kitchen can be.

Prepare your pans, sort your spatulas and try out a whole bunch of exciting and nutritious recipes ranging from the basics through to complete meals, including video guides and tips. Cooking can be a lot of fun, and we are here to show you how!

[View videos](#)

## The Eggs Factor

Get cracking with our curriculum linked project for primary school pupils

[Egg basics](#)[Simple meals](#)[Think outside the box](#)

## All recipes



Young cook's  
macaroni egg  
and broccoli  
cheese



Boiled eggs  
made easy



Easy omelette



Stuffed boiled  
mice



Scrambled egg  
and tomato salsa  
wrap



Ratatouille  
omelette

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Want to see how the professionals do it? We've teamed up with Paul Merrett and Annabel Karmel to show you exactly how to create tasty, nutritious meals in minutes. Whether you want to know how to make perfect scrambled eggs or something a little more challenging, hit play and cook along with the experts!

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As well as being really tasty and nutritious, eggs are really easy to cook too!

We know that kids love getting involved in the kitchen, so we've got tons of delicious recipes for young chefs to get stuck into, all of which are super-tasty and a whole bunch of fun to create!

## Egg basics:

From simple scrambles, perfect poaches through to awesome omelettes, kids can have a go at mastering the basics and will be egg-sperfs in no time! Once you have learnt the basics, a whole new world of tasty and fun food options is there to explore.



## Simple meals:

Put new skills to the test by trying out one of the great dishes from our simple recipes section, full of delicious ideas that are quick and simple to make with very little fuss, and a whole lot of fun.



## All recipes:

It's amazing how many different meals you can make from eggs, so have a look at all of our recipes in one handy place and choose what takes your fancy!



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## Beginners' tips



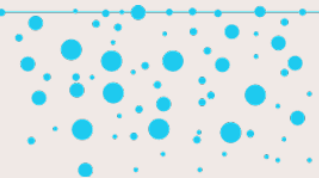
### To beat

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



### To fry

To cook food in oil in a hot pan



### To simmer

To cook in water that's gently heated until bubbles appear.



### To grate

To shred food by rubbing against a metal grater.



### To drain

To pour away water used for boiling by pouring through a colander.



### To season

To add salt and pepper to taste.

## Eggcellent tips

- If you struggle to peel the shell from hard boiled eggs, it's usually because they are too fresh! Eggs peel more easily when they are a few days old. Try using the back of a teaspoon handle to peel the egg. Simply insert between the egg white and shell – easy!
- To prevent eggs cracking in boiling water, make a small pin prick in the shell at the rounded end to allow the steam to escape.
- If you want to check if an egg is hard-boiled, spin the cooked egg on a clear surface (making sure it cannot fly off onto the floor). If it wobbles it is still raw, if it spins easily it is hard boiled.
- To separate your egg yolk from white, get two small bowls, crack the egg in half, tip the yolk into one half of the cracked egg (taking care to hold it over one of the bowls) and the egg white will automatically fall into the bowl below. By switching the egg yolk from one half of the cracked egg shell to the other, the rest of the egg white will fall into the bowl below. You can then put the separated yolk into the other clean bowl.
- One simple test of freshness is to place an egg in water. Generally, if the egg is stale it will float and, if it sinks, it is fresh. This is because as the egg gets older, the size of the air sac increases, making the egg float.



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## Think outside the box

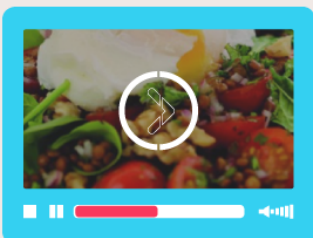
Are you a cracking cook or a beginner looking to experiment? Cook like a celebrity chef with recipes created by some of the county's top cooks.

## Learn from the eggsperts!

Whether you want to learn how to make a soufflé omelette or egg fried rice, visit our 'Think Outside the Box' site to be inspired by the professionals. Four celebrity chefs – Annabel Karmel, Paul Merrett, Jun Tanaka and Sophie Wright - want you to get creative with a new collection of a dozen recipes.

The recipe collection includes family meals, recipes for the health-conscious, dishes offering value for money, and adventurous recipes. [Browse the site](#) to find the recipes, videos and expert tips.

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## Eggs Barnaby

If you like the sound of poached eggs and ham with broccoli and cheese sauce, then 'Eggs Barnaby' could be your new favourite egg recipe. The dish was invented by six year-old Barnaby Reid from Gloucestershire who discovered his love of eggs after undergoing heart surgery and starting on medication that makes sweet foods unpalatable.

Barnaby has also launched a mission to enjoy egg dishes from around the world by trying different recipes each week and ticking them off on a self-made chart. Want to embark on your own virtual egg tour? [Click here](#) to download Barnaby's Egg Tour of the World.

### Eggs Barnaby

Serves 4

Preparation time: 15 minutes

Cooking time: 10 minutes

100g (4oz) broccoli, divided into small florets  
15g (1/2 oz) butter  
715g (1 1/2 oz) plain flour  
300ml (1/2 pint) milk  
100g (4oz) cheddar cheese, grated  
4 large British Lion eggs  
1 tbsp white vinegar  
2 muffins, split horizontally  
4 slices cooked ham  
Salt and ground black pepper

1. Lightly cook the broccoli for 2 minutes in a saucepan of boiling water. Drain and put to one side.
2. Melt the butter in a saucepan, add the flour and cook for 1 minute over a medium heat. Remove from the heat and gradually stir in the milk a little at a time. Return to the heat and bring to the boil, stirring continuously. Simmer for 2 minutes until thickened. Stir in the cheese, broccoli and season to taste with salt and pepper. Put to one side.
3. To poach the eggs, fill a saucepan with water 5cm (2") deep, add the vinegar and bring to the boil. Carefully crack the eggs and drop them into the simmering water. Reduce the heat to a gentle simmer and cook for 3-5 minutes, depending on how runny you like your egg yolk. Remove the pan from the heat. Using a slotted spoon carefully remove each egg from the water and drain on kitchen paper.
4. Lightly toast the muffin halves and reheat the broccoli and cheese sauce. Place a muffin half on each of 4 serving plates. Top each with a folded slice of ham then a poached egg. Spoon over the broccoli and cheese sauce and serve immediately.



## Eggspert egg painting

The custom of exchanging decorated eggs dates back hundreds of years. Continue the tradition with our egg painting guide! All you need to get started are some eggs, a bowl, a pin and paint.

1. Decide on whether you want to eat your egg after you have painted it, or use it as decoration. If you want to keep it, you should hollow out the egg first.
2. To hollow out your egg, hold it over a bowl and poke small holes on each side of the egg. Move the pin inside the egg to gently break the yolk.
3. The insides of the egg should now come out easily, but if not, you can blow gently on one end to allow the contents to come out.
4. When the egg has drained, rinse the inside thoroughly, using a mixture of water and vinegar.
5. Let dry for a few hours.
6. Paint your eggs any way you like! If you are using blown eggs, use a skewer or set the egg on a candle holder to ensure you can rotate it easily when painting. Let one side dry before you finish the other!



## Cracking egg jokes

If you like to crack a joke you've come to the right place. Send us your own jokes at [info@britegg.co.uk](mailto:info@britegg.co.uk).

**How many eggs can you eat on an empty stomach?**  
Just one, because then your stomach won't be empty!

**What did the egg do when the other egg told it a joke?**  
It cracked up!

**Knock, knock.**  
Who's there?  
Egbert.  
Egbert Who?  
Egg but no bacon!

**There were two eggs being boiled in a saucepan. One egg said 'ouch, it's hot in here...' The other egg said 'arghhhh! A talking egg!'**

**What kind of egg lives by the sea?**  
An egg shell!

**How did the eggs leave the highway?**  
They went through the 'Eggs-it'.

**What time do hens get up?**  
The quack of dawn!

**Why did the Egg hide?**  
He was a little chicken!

**What did the chick say when his mum laid an orange?**  
Look what marmalade!

**What's the difference between a soldier and a fireman?**  
You can't dip a fireman in an egg.



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## Egg basics



Learning how to boil, poach, scramble and make an omelette are skills for life. Eggs are a great all-round food – nutritious, tasty and perfect for lunch and dinner as well as breakfast – and cooking with them is great fun.

Browse this section to get to grips with the basics. You'll be an eggspert in no time!



### Boiled eggs made easy

Serves: 2

Cooking time: 5 minutes



### Easy omelette

Serves: 1

Cooking time: 2 minutes

## How-to videos



### Young cook's fried egg

Serves: 1

Cooking time: 3 minutes



### Perfectly poached eggs

Serves: 1

Cooking time: 5 minutes



### Scrambled eggs made easy

Serves: 1

Cooking time: 5 minutes

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## Boiled eggs made easy

Learning how to boil an egg is a skill for life, so get cracking!

**Prep Time:** 0 minutes

**Cooking time:** 5 minutes

**Serves:** 2

### Ingredients:

- 2 British Lion eggs
- Water for boiling
- Pinch of salt
- Buttered toast cut into soldiers to serve (optional)

### Method:

1. Place the eggs in a small pan. Cover with at least 2.5cm of cold water, add a pinch of salt and place the pan on a high heat.
2. When the water is almost boiling, gently stir the egg and set a kitchen timer for one of the timings below:
  - 3 minutes for really soft boiled yolk and set white
  - 4 minutes for slightly set yolk and set white
  - 5 minutes for firmer yolk and white
  - 6 minutes for hard boiled with lightly soft yolk
  - 7 minutes for firmly hard boiled
3. Reduce heat slightly to keep water bubbling but not fast boiling and stir the egg once more.
4. Once cooking time is complete, remove the egg from the pan with slotted spoon, place into egg cup and serve immediately with hot buttered toast soldiers

**Young cook's tip:** To prevent the egg cracking, make a small pin prick in the shell at the rounded end to allow the steam to escape.

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## Easy omelette

How to make an omelette

Prep Time: 2 minutes

Cooking time: 2 minutes

Serves: 1



### Ingredients:

- 2 large British Lion eggs
- Pinch of salt and pepper
- 1 tsp cold water
- Dash of oil

### Method:

1. Gently beat the eggs together in a bowl with salt, pepper and a teaspoon of cold water.
2. Warm a medium frying pan and a dash of oil over a high heat.
3. Pour the egg mixture into the centre of the pan and cook over a high heat for 1-2 minutes.
4. As the egg begins to set, use a spatula to push the set egg on the outside towards the omelette centre.
5. Continue this action until the entire egg mixture is set.
6. Cook the set omelette for another minute, then loosen the edges with a spatula and fold the omelette in half.
7. Tilt the pan, slide the omelette onto a warm plate and serve.

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## Young cook's fried egg

Prep Time: 0 minutes

Cooking time: 3 minutes

Serves: 1

### Ingredients:

- 1 large British Lion egg
- 3 tbsp vegetable oil or 25g (1oz) butter with 1 tbsp vegetable oil
- Buttered toast, grilled bacon and tomatoes to serve (optional)

### Method:

1. Place 3 tablespoons of vegetable oil or 25g (1oz) of butter with one tablespoon of vegetable oil in a small frying pan and place over a medium heat.
2. When the oil is hot, use a knife to crack the shell and tip the egg, straight into the hot fat. Cook over a low to medium heat for 1 minute or until the white is set.
3. Tilt the pan slightly and use a teaspoon to scoop the surplus hot oil/fat over the top of the egg until the yolk is cooked to your liking (around 1½ - 3 minutes). For over easy eggs, carefully slide a spatula underneath the cooked egg and flip over to cook the yolk for 1 minute.
4. Once cooked, lift the egg from the pan using a spatula and place onto kitchen paper to drain excess fat.
5. Serve with a slice of buttered toast or rashers of grilled bacon and tomatoes.

**Young cook's tip:** To prevent the egg sticking to the pan during frying, sprinkle a little salt on the hot butter or oil before adding the egg to the pan

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## Perfectly poached eggs

Prep Time: 5 minutes  
Cooking time: 5 minutes  
Serves: 1



### Ingredients:

- 1 large British Lion egg
- Water for boiling
- Pinch of salt
- Dash of vinegar

### Method:

1. Use a deep, large pan to poach an egg. Fill it with plenty of water and add a pinch of salt and a dash of white wine vinegar. This will help set the egg.
2. Bring the water to the boil and use a slotted spoon to create a whirlpool in the water. Crack the egg into the middle of the whirlpool. You may want to crack it into a ramekin first – using a separate vessel helps the egg keep its shape.
3. Let the egg set for 3-5 minutes depending on how runny you want it. You can use a slotted spoon to take it out and lightly squeeze it to test. Crack the egg onto a plate and then tip it into the water.  
Time as follows: 3 minutes for a completely runny yolk  
4 minutes for a slightly set yolk with a runny middle  
5 minutes for a firm yolk
4. Remove the poached egg from the boiling water using a slotted spoon and place on kitchen paper to drain.

**Young cook's tip:** Serve on a warm buttered muffin, toast or bagel. Add spinach and hollandaise sauce for Eggs Florentine, or ham or bacon and hollandaise to make Eggs Benedict - both great brunch recipes!

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## Scrambled eggs made easy

Prep Time: 0 minutes  
Cooking time: 5 minutes  
Serves: 1



### Ingredients:

- 2 large British Lion eggs
- Pinch of salt and pepper
- 2 tbsp milk (optional)
- Knob of butter
- Slice of buttered toast to serve (optional)

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### Method:

1. Beat the eggs together in a bowl with salt and pepper. Add 2 tbsp of milk to the eggs.
2. Melt a knob of butter in a non-stick pan over a medium heat. When sizzling, add the egg mixture and stir with a wooden spoon.
3. Continue to stir the eggs for 1-2 minutes, scraping the egg off the base of the pan as it sets.
4. When most of the egg has set, remove the pan from the heat and continue to stir for 30 seconds until fully scrambled.

**Young cook's tip:** Removing the pan from the heat is an important part of getting scrambled eggs right! The eggs will continue to cook in the pan so removing them from the heat helps keep the scramble creamy and airy.

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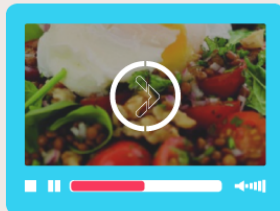
## Simple meals



When you've mastered the basics of egg cooking it's time to move onto meals that you can cook for friends and family.

The recipes in this section are fun to cook and so quick and easy you'll want to get cracking straight away.

## How-to videos



### Young cook's macaroni egg and broccoli cheese

Serves: 4

Cooking time: 15 minutes

### Stuffed boiled mice

Serves: 2

Cooking time: 15 minutes

### Scrambled egg and tomato salsa wrap

Serves: 2

Cooking time: 10 minutes

### Ratatouille omelette

Serves: 4

Cooking time: 20 minutes

### Egg fried rice with chicken and sweetcorn

Serves: 4

Cooking time: 15 minutes

### Young cook's pizza omelette

Serves: 1

Cooking time: 5 minutes

### Young cook's Spanish omelette

Serves: 2

Cooking time: 7 minutes

### Bagel snake

Serves: 4

Cooking time: 10 minutes

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## Young cook's macaroni egg and broccoli cheese

Young cook's macaroni egg and broccoli cheese

Prep Time: 10 minutes  
Cooking time: 15 minutes  
Serves: 4



### Ingredients:

- 225g/8oz macaroni
- 175g/6oz broccoli florets
- 6 large British Lion eggs
- 450ml/3/4pt milk
- 50g/2oz butter
- 45g/3 tbsp plain flour
- Salt and freshly ground black pepper
- 175g/6oz cheddar cheese, grated

### Method:

1. Cook the macaroni in a large pan of salted water for 6mins. Add the broccoli, return to the boil and simmer for a further 6mins or until the pasta and broccoli are tender.
2. Meanwhile, place the eggs in a medium pan, cover with water and bring to the boil. Simmer for 7mins. Drain the eggs, then rinse in cold water. Tap the shells all over and peel away. Cut the eggs into large chunks.
3. Place the milk, butter and flour together in a medium pan. Gently heat, stirring with a wire whisk until the mixture boils and thickens. Reduce the heat and cook for 1min. Season to taste and stir in half the cheese.
4. Drain the pasta and broccoli, then stir into the cheese sauce. Spoon into a heatproof dish, scatter over the remaining cheese and pop under a hot grill. Cook for 3-4mins or until the top is golden and bubbling. Serve immediately.

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## Stuffed boiled mice

By Annabel Karmel

Prep Time: 5 minutes

Cooking time: 15 minutes

Serves: 2



### Ingredients:

- 4 British Lion eggs
- 2 tbsp light mayonnaise
- 3 tbsp chives, snipped
- Quarter tsp curry powder

#### to decorate

- Spring onions
- Black olives
- Whole cloves (optional – olives work well too!)
- Salad cress

### Method:

1. Put the eggs in a pan. Cover with cold water. Bring up to the boil, boil for 10 minutes, drain and run under cold water until cold. Peel (you can use a teaspoon for this)
2. Slice a thin layer off one side of the egg. Using a teaspoon, scoop out the yolk, finely chop the yolk and removed slice of egg and place in a bowl. Repeat with the remaining eggs. Add mayonnaise, chives, curry powder and season to taste. Spoon back into the eggs to fill the hollow. Place on a plate, cut side down.
3. Stick a halved olive on the front of the egg to make a nose. We have used cloves to make the eyes, but you could also use black olive pieces or any other ingredient you like. Use slices of olives to make the ears. Make a hole at the back of the mouse and place a length of spring onion into it to make the tail.
4. Garnish with salad cress

**Young cook's tip:** Get creative and decorate the boiled eggs to create other animals. Pandas, cows and cats are just some ideas. If you are using cloves, remove before eating.

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## Scrambled egg and tomato salsa wrap

By Annabel Karmel

Prep Time: 5 minutes

Cooking time: 10 minutes

Serves: 2

### Ingredients:

#### tomato salsa

- 1 tsp olive oil
- 2 large tomatoes, deseeded and diced
- 6 spring onions, thinly sliced
- Half small red chilli, diced
- 1 tsp caster sugar
- Juice of half a lime
- Half tsp balsamic vinegar
- 1 tbsp chives, thinly sliced
- Salt and pepper

#### scrambled eggs

- A knob of butter
- 4 British Lion eggs
- 3 tbsp milk
- 2 small tortilla wraps
- 25g Parmesan cheese, finely grated

### Method:

1. To make the salsa, mix all of the ingredients together in a bowl. Season well and chill whilst you make the scrambled eggs.
2. Beat the eggs with the milk and season. Melt the butter in a small frying pan. Add the egg mixture to the pan. Stir over the heat until the eggs are scrambled to your liking. Remove from the heat.
3. Warm the wraps in the microwave or in a dry frying pan. Put one wrap on a board. Spoon half of the eggs along one side. Top with the salsa and a sprinkle of cheese. Fold in the sides, then roll up and slice in half. Repeat with the remaining wrap.



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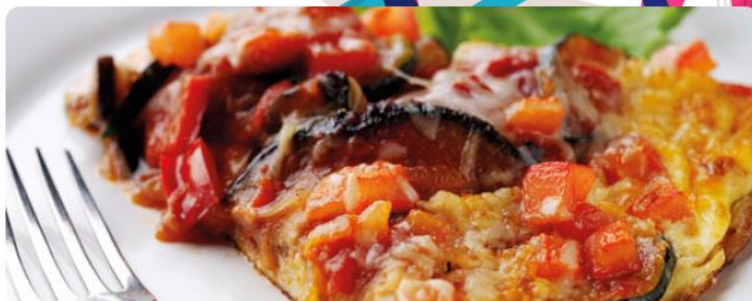
## Ratatouille omelette

By Annabel Karmel

Prep Time: 10 minutes

Cooking time: 20 minutes

Serves: 4



### Ingredients:

- 1 ½ tbsp olive oil
- 1 small onion, sliced
- Half aubergine, sliced
- 1 small courgette, sliced
- Half red pepper, deseeded and diced
- 1 small clove garlic, crushed
- 1 x 200g tin chopped tomatoes
- 2 tbsp basil, chopped
- A knob of butter
- 4 British Lion eggs
- 3 tbsp milk
- 1 tomato deseeded and diced
- 30g parmesan, grated
- 30g gruyere cheese, grated

### Method:

1. Heat the oil in a frying pan. Add the onions and aubergine and gently fry for 5 to 6 minutes until the aubergine and onion are starting to soften. Add the courgette and pepper and continue to fry for another 5 minutes, turning the vegetables. Add the garlic and fry for one minute. Add the tomatoes and season. Simmer for 10 minutes until the vegetables are just soft. Add the basil.
2. Melt the butter in a small omelette pan. Mix the eggs and milk together and season. Pour into the pan. Smooth the vegetables on top.
3. Cook on the hob over a medium heat until the edges are firm but the middle is still slightly runny. Top with the tomato and cheeses.
4. Place under a hot grill for about 4 minutes or until lightly golden and the middle is cooked.
5. Slide onto a plate. Serve with salad.

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## Egg fried rice with chicken and sweetcorn

Egg fried rice with chicken and sweetcorn

Prep Time: 25 minutes

Cooking time: 15 minutes

Serves: 4



### Ingredients:

- 200g long grain rice
- 2 tbsp sunflower oil
- 4 British Lion eggs
- 1 tsp soy sauce
- 1 tbsp water
- 2 shallots, sliced
- 1 chicken breast, cubed
- Half red pepper, deseeded and diced
- 75g baby sweetcorn, sliced
- 1 clove garlic, crushed
- 100g frozen peas
- 2 tbsp soy sauce
- 1 tbsp caster sugar
- 2 tsp lemon juice

### Method:

1. Cook the rice according to the packet instructions, drain and leave to cool.
2. Heat 1 tbsp oil in a fairly large frying pan, mix the eggs together with the soy sauce and water and season lightly. Make an omelette by pouring the mixture into the pan and then swirl around the base and cook for 2 to 3 minutes until you get a thin omelette. Turn out onto a board and cut into thin strips. Set aside.
3. Heat the remaining oil in the pan. Add the shallots and cook for 5 minutes. Add the garlic, peppers and corn and fry for 2 minutes. Add the chicken and fry for 3 minutes. Add the rice, peas, soy sauce and sprinkle over the sugar.
4. Add the strips of egg to the rice. Season to taste and add the lemon juice. Toss together, heat through and serve.

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## Young cook's pizza omelette

A pizza with a difference!

Prep Time: 5 minutes

Cooking time: 5 minutes

Serves: 1



### Ingredients:

- 2 medium British Lion eggs
- 85g chopped tomato
- 25g mushrooms
- 20g Mozzarella
- 1 thin slice lean ham torn into pieces
- sprinkling of chopped chives
- Salt and pepper

### Method:

1. Break the eggs into the jug and beat with the fork.
2. Pour the eggs into a hot frying pan and quickly swirl around the pan.
3. Pull the mixture away from sides, using the spatula, and tip to let the uncooked eggs slip underneath.
4. When the top is nearly set, add the chopped tomatoes, sliced mushrooms, ham and mozzarella. Sprinkle over the chives. Add salt and pepper to taste.
5. Place the pan under a hot grill and grill until the cheese bubbles.



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## Young cook's Spanish omelette

Food writer Annabel Karmel has developed this delicious version of a classic recipe for British Lion eggs.

Prep Time: 25 minutes

Cooking time: 7 minutes

Serves: 2



### Ingredients:

- 100g new potatoes
- 1 tbsp olive oil
- 1 small onion, peeled and finely chopped
- 1 courgette, chopped
- 2 tomatoes, skinned, de-seeded and roughly chopped
- 4 British Lion eggs
- 1 tbsp milk
- 2 tbsp freshly grated parmesan cheese
- Salt and freshly ground black pepper

### Method:

1. Bring a saucepan of lightly salted water to the boil, add the new potatoes, reduce the heat to a simmer and cook the potatoes for about 12 minutes, until tender. Drain, leave to cool and then cut into slices.
2. Heat the oil in an 18-20 cm non stick frying pan. Add the onion and sauté for 2 minutes. Add the chopped courgette and sauté for about 6 minutes. When the courgette is cooked, add the tomatoes and cook for 2 minutes, then stir in the sliced new potatoes.
3. Beat the eggs together with the milk, Parmesan cheese and a little seasoning. Pour the egg mixture over the vegetables and cook over a medium heat for about 4 minutes or until the eggs are set underneath. Meanwhile, preheat the grill to high. Place the frying pan under the grill (with the handle sticking out if not metal) and cook for about 3 minutes until golden and set. When the omelette is cold, cut into wedges and wrap in foil.



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## Bagel snake

This is a fun way of serving bagels and you can make the snake as long as you like depending on how many bagels you use.

Prep Time: 25 minutes

Cooking time: 10 minutes

Serves: 4



### Ingredients:

#### tuna salad topping:

- 1 x 200g can of tuna in oil (drained)
- 2 tbsp ketchup
- 2 tbsp crème fraîche or Greek yoghurt
- 2 spring onions, finely sliced

#### egg salad topping:

- 2 to 3 large hard boiled British Lion eggs (8 minutes)
- 3 tbsp mayonnaise
- 1 tbsp snipped fresh chives
- 3 tbsp salad cress
- salt and freshly ground black pepper

#### decoration:

### Method:

1. Slice the bagels in half and then cut each half down the centre to form a semi circle. Cut out the head of the snake from one of the pieces of bagel and the tail from another. Mix the ingredients for the tuna salad topping and mix the ingredients for the egg salad topping. Spread half the bagels with tuna and half with egg.
2. Decorate the tuna topping with halved cherry tomatoes and the egg topping with strips of chives arranged in a criss cross pattern. Arrange the bagels to form the body of a snake. Then attach the head to the snake's body and arrange two slices of stuffed olive to form the eyes and cut out a forked tongue from the strip of sweet pepper.