



Miele

Breakfast egg pots

By Miele

15 minutes

Preparation Time

25-33 minutes

Cooking Time

8 serves

Serves

INGREDIENTS

Base

10 eggs, whites only
150 ml cream
150 g light cottage cheese
½ tsp fine sea salt

Cherry tomato, basil and pine nuts

250 g multi coloured cherry tomatoes,
roughly chopped
50 g (1/3 cup) pine nuts, toasted
¼ cup lightly packed basil leaves, torn
2 tsp balsamic vinegar
1 tbsp (20 ml) olive oil
Salt and pepper, to taste

Broad beans, peas and mint

1 cup (150 g) fresh or frozen broad
beans, peeled
½ cup (75 g) fresh or frozen peas
1 tsp lemon juice
1 eschalot, finely chopped
2 tbsp mint leaves
Salt and pepper, to taste

METHOD

Egg base

1. Place egg whites, cream, cottage cheese and salt into a jug. Blend with a hand blender until all ingredients are well combined and mixture is light and fluffy.
2. Divide egg mixture into the bases of eight 1 cup (250 ml) jars with fitted lids.
3. Screw lids back onto the jars and place into a perforated steam container. Place jars into the steam oven and Steam at 85°C for 25 minutes.

Cherry tomato, basil and pine nuts

1. Combine all of the ingredients. Season to taste.

Broad beans, peas and mint

1. Place the broad beans and peas in a perforated steam container. Place into the steam oven and Steam at 100°C for 3 minutes, or until tender.
2. Place into a bowl and combine with the lemon juice, eschalot and mint. Season to taste.

Leek, tarragon and bacon

1. Heat olive oil in a large frypan on induction setting 6. Add bacon and cook for 5 minutes or until bacon starts to crisp.
2. Add the leek, reduce heat to induction setting 4. Cook, covered, for 3 minutes or until the leek is tender. Stir through the tarragon. Season to taste.

To serve

1. Serve egg pots warm or cold with your favourite topping and toast, if desired.

Hints and tips

- The steamed egg bases can be kept in the refrigerator for up to 1 week.
- These egg pots are great for picnics, or breakfast on the go.
- Leftover egg yolks can be used to make crème brûlée or custards.