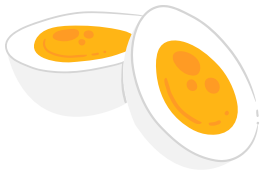


# HOW TO BOIL AN EGG



## INGREDIENTS

2 eggs (room temperature)  
Bread or toast to serve

## DIRECTIONS:

- Fill a medium sized saucepan with water and bring to a boil
- Add the eggs carefully to the pan.
- Set your timer (or clock watching) for 4-5 mins for runny/dippy eggs to serve with soldiers, or 6-7 mins for soft-boiled eggs for a salad.
- If serving with a salad, plunge the eggs into a bowl of cold water as soon as the timer goes off – this will stop them cooking and cool the shells quickly for peeling.
- Serve in a colourful (or hand decorated) egg cup (the latter could be a separate 'craft' enrichment activity).

