

Eggs make a meal out of anything : Fast food. And good for you : Flamenco eggs / British Egg Information Service.

Contributors

British Egg Information Service.

Publication/Creation

London : British Egg Information Service, [2003]

Persistent URL

<https://wellcomecollection.org/works/dr64d4zm>

License and attribution

Conditions of use: it is possible this item is protected by copyright and/or related rights. You are free to use this item in any way that is permitted by the copyright and related rights legislation that applies to your use. For other uses you need to obtain permission from the rights-holder(s).



Wellcome Collection
183 Euston Road
London NW1 2BE UK
T +44 (0)20 7611 8722
E library@wellcomecollection.org
<https://wellcomecollection.org>

Eggs

Free 16 page
recipe booklet

Make a meal out of anything



Fast food.
And good for you.



Flamenco Eggs



Preparation time: 5 minutes

Cooking time: 12 minutes

Serves 1

Ingredients

15ml/1 tbsp vegetable oil

1 small onion, chopped

1 green pepper, deseeded and sliced

75g/3oz mushrooms, sliced

2 tomatoes, chopped

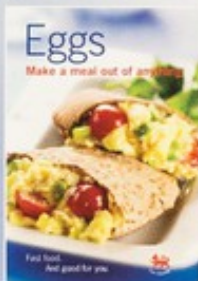
2 large Lion Quality eggs

Method

Heat oil in small frying pan, add onion and pepper; fry for 4 minutes. Add the mushrooms and tomatoes and fry for 3 minutes until soft. Season with salt and freshly ground black pepper. Make two wells in the mixture with a spoon and carefully crack an egg into each. Cover and cook for 5 minutes until the eggs have set. Serve with crusty bread.

16 page recipe booklet offer

Flamenco Eggs is just one of 12 new recipes specially created by the British Egg Information Service for people who want good food, fast.



To get your free copy send a SAE to:

Eggs make a meal out of anything,
British Egg Information Service,
P.O. Box 27,
Bourton Industrial Park
Bourton-on-the-Water
Cheltenham GL54 2ZG

LOOK OUT FOR THE LION

Don't forget to look for the Lion Quality mark when buying your eggs as your guarantee that they have been produced to the highest standards of food safety in the world.

All Lion Quality eggs come from British hens vaccinated against salmonella and carry a best before date on the egg shell and box showing that they are even fresher than required by law.

British Egg Information Service
126-128 Cromwell Road, London SW7 4ET
Telephone: 020 7370 7411
www.eggrecipes.co.uk

