

# Microwave easy eggs



## Breakfast Sandwich or Omelet

**1** Crack a room temperature egg, add a splash of milk and mix with a fork. Season and add your choice of toppings.



**2** Open vent and microwave for 40 seconds, take out and stir, then cook for a further 40-60 seconds.



Note: Microwave times may vary

## Poached Egg

**1** Crack a room temperature egg, add a splash of water and prick the yolk with a fork.



**2** Open vent and microwave for 30 seconds, leave to rest for 30 seconds before opening.



\*The cooking times are for a 950 watt microwave. Microwave times may vary depending on wattage of microwave used.



**sistema**<sup>®</sup>  
MICROWAVE



FOOD SAFE



MICROWAVE SAFE



DISHWASHER SAFE  
TOP RACK ONLY



FREEZER SAFE



DO NOT USE IN  
CONVECTION OVEN

Phthalate  
& BPA free

Made in  
New Zealand