1.MICROWAVE HAM, MUSHROOM & SWISS COFFEE CUP SCRAMBLE

Link: https://www.incredibleegg.org/recipe/microwave-ham-mushroom-swiss-coffee-cup-scramble/

INGREDIENTS:1EGG,25Oml water, 200g chopped mushrooms, 1 thin slice deli ham, chopped (1 oz.), 200ml shredded Swiss cheese.

Step1: COAT 12-oz. microwave-safe coffee mug with cooking spray. ADD egg, water, mushrooms and ham; BEAT until blended. MICROWAVE on HIGH 30 seconds; stir. MICROWAVE until egg is almost set, 30 to 45 seconds longer.

Step: SEASON with salt and pepper, if desired. TOP with cheese. SERVE immediately.



2. MICROWAVE EGG, SAUSAGE & TOMATO BREAKFAST BOWL

Link: https://www.incredibleegg.org/recipe/microwave-egg-sausage-tomato-breakfast-bowl/

INGREDIENTS: 2EGGS,250ml. milk, 200ml fully-cooked breakfast sausage crumbles, 100ml finely shredded Cheddar cheese, 200ml chopped tomato and 2 basil leaves, thinly sliced

Step1: COAT 2-cup microwave-safe cereal bowl with cooking spray. ADD eggs and milk; BEAT until blended. ADD sausage.

Step2: MICROWAVE on HIGH 45 seconds; push cooked edges toward center. MICROWAVE until egg is almost set, about 45 to 60 seconds longer.

Step3: TOP with cheese, tomato and basil. SERVE immediately.



3. The sun egg

From Chinese website

INGREDIENTS: some eggs, carrots, potatoes, green onion, 400ml flour

Step 1: potatoes, carrot shears.

Step 2: prepare the right amount of flour, salt, scallions, eggs, and potatoes and carrots.

Part 3: brush a little oil in a pan to make a bird's nest.

Step 4: finally break the egg into the nest and fry until well done.

