

A photograph of a man with glasses and a plaid shirt lifting a young girl in the air. The girl is smiling and has her arms outstretched. The background is a blurred outdoor setting, possibly a park or sports field. A large blue oval graphic is overlaid on the center of the image, containing the text 'POWERED BY eggs'.

POWERED BY
eggs

**Heart Health and
Cholesterol**

Foreword

Introducing **POWERED BY** eggs

The humble egg.

Ready to be cracked open; to be transformed; to transform you. 13 different vitamins and nutrients, including 12.7grams of protein*. Hundreds of recipe ideas that can help power you, to a happier, healthier life.

An egg can help power thousands of different ambitions. From running marathons to maintaining mental health. An egg can be eggsactly what you need it to be.

You can push yourself to new heights and improve your recovery**. Stay fuller for longer. Boost your Vitamin D and your immunity. As you scramble through life, let every meal make a difference.

**Unlock your full potential,
live your life POWERED BY eggs**

*in an average serve of 2 eggs,

**if dietary intake of protein is inadequate



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Food Choices and Heart Health

16.6% of Australians are living with Cardiovascular Disease (CVD), which is a major cause of death in Australia¹. High cholesterol is just one factor that can contribute to heart disease risk and while it can be inherited, it's more often caused by unhealthy diet and lifestyle choices. For many people, cholesterol levels can be lowered by exercising regularly and eating a healthy diet consisting of more whole foods, whole grains, healthy fats and limiting processed foods high in sugar, unhealthy fat and salt.

Historically, eggs have been negatively linked to high cholesterol, but an extensive body of recent research and the lifting of restrictions by the Heart Foundation of Australia has shown that this is not the case. The evidence demonstrates that eggs can be enjoyed as part of a heart healthy lifestyle, as their intake has minimal effect on cholesterol levels. Importantly, eggs contain nutrients such as folate, vitamin B12 and healthy fats including long chain omega-3s that may be associated with protection from heart disease or its risk factors^{2,3}.

CSIRO research has also shown that eggs are safe to eat on a daily basis, with their findings highlighting that egg consumption is actually linked to a number of positive health outcomes⁴. Further, research has shown that egg consumption increases HDL ("good") cholesterol levels which maintains the LDL:HDL cholesterol ratio which is important for heart disease risk⁵.

*The provided information is general in nature as individuals' response to dietary cholesterol may differ. For individual advice, please consult your health care professional.

1. Heart Foundation of Australia. (2020). Key Statistics: Cardiovascular Disease. Retrieved from <https://www.heartfoundation.org.au/activities-finding-or-opinion/key-stats-cardiovascular-disease> 2. Jayedi A, Zargar MS. Intake of vitamin B6, folate, and vitamin B12 and risk of coronary heart disease: a systematic review and dose-response meta-analysis of prospective cohort studies. *Crit Rev Food Sci Nutr.* 2019;59(16):2697-2707. 3. Food Standards Australia New Zealand. Australia New Zealand Food Standards Code- Schedule 4- Nutrition, health and related claims. (2017). 4. Hendrie G, Noakes M., B. D. (2016). Australians' usual egg consumption - analysis of the CSIRO Healthy Diet Score 2016. CSIRO. 5. Rouhani, M.H., Rashidi-Pourfard, N., Salehi-Abargouei, A., Karimi, M. & Haghghatdoost, F. Effects of Egg Consumption on Blood Lipids: A Systematic Review and Meta-Analysis of Randomized Clinical Trials. *J Am Coll Nutr* [Epub ahead of print], 1-12 (2017).



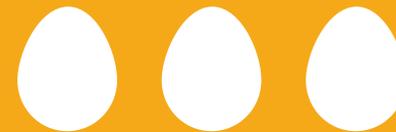
DID YOU KNOW?



The Heart Foundation states eggs can be enjoyed daily as part of a heart healthy eating pattern.¹



Eggs contain quality protein as well as essential vitamins and minerals. This includes heart healthy omega-3 fats and the antioxidants lutein and zeaxanthin.²



A number of recent systematic reviews and meta-analyses have shown no association between higher egg consumption and risk of developing heart disease.³

1. Chrysant SG, Chrysant GS. The Debate over Egg Consumption and Incident Cardiovascular Disease. *Cardiol Rev.* 2020 Sep 18. doi: 10.1097/CRD.0000000000000325. Epub ahead of print. PMID: 32956166. 2. Nutrition Information Panel Herreman, L., Nommensen, P., Pennings, B. & Laus, M. C. Comprehensive overview of the quality of plant- And animal-sourced proteins based on the digestible indispensable amino acid score. *Food Sci. Nutr.* 8, 5379–5391 (2020). Eisenhauer, B., Natoli, S., Liew, G. & Flood, V. M. Lutein and Zeaxanthin-Food Sources, Bioavailability and Dietary Variety in Age-Related Macular Degeneration Protection. *Nutrients* 9, (2017). Food Standards Australia New Zealand. Australia New Zealand Food Standards Code- Schedule 4- Nutrition, health and related claims. (2017). 3. Drouin-Chartier, J.-P. et al. Egg consumption and risk of cardiovascular disease: three large prospective US cohort studies, systematic review, and updated meta-analysis. *BMJ* 368, m513 (2020). Godos, J. et al. Egg consumption and cardiovascular risk: a dose-response meta-analysis of prospective cohort studies. *Eur. J. Nutr.* 60, 1833–1862 (2021). Krittanawong, C. et al. Association Between Egg Consumption and Risk of Cardiovascular Outcomes: A Systematic Review and Meta-Analysis. *Am. J. Med.* 134, 76-83.e2 (2021). Mah, E., Chen, C. O. & Liska, D. J. The effect of egg consumption on cardiometabolic health outcomes: an umbrella review. *Public Heal. Nutr* 1-21 (2019). Bechthold, A. et al. Food groups and risk of coronary heart disease, stroke and heart failure: A systematic review and dose-response meta-analysis of prospective studies. *Crit. Rev. Food Sci. Nutr.* 1-20 (2017).

Soft-Boiled Eggs with Avocado & Vegemite Soldiers

SERVES 2
TIME 15 MINS

INGREDIENTS

- 2 eggs, at room temperature
- ½ small ripe avocado
- 1 tsp lemon juice
- 2 slices wholegrain bread
- Vegemite, for spreading

METHOD

1. Draw funny faces, names or messages with a permanent marker on the eggs before cooking.
2. Halve avocado and scoop out the insides into a small bowl. Add lemon juice and mash with a fork. Set aside.
3. Place eggs into a saucepan of cold water and bring to a gentle simmer, stirring gently in a clockwise direction, over medium heat. Simmer for 3-4 minutes for soft-boiled.
4. Meanwhile, toast bread then lightly spread with Vegemite and top with avocado. Cut the toast into fingers.
5. Transfer eggs into egg cups and serve with avocado and Vegemite toast.

NUTRITION INFORMATION

Serving size:	130g
Average Quantity per Serving	
Energy	886kJ (212Cal)
Protein	11.2g
Fat, Total	11.5g
- Saturated	2.2g
Carbohydrate	13.4g
- Sugars	0.9g
Dietary Fibre	5.1g
Sodium	233mg



Mexican Sweet Potato Family Hash Brown

SERVES 6
TIME 35 MINS

INGREDIENTS

- 8 eggs
- ¼ cup (60ml) milk
- 1 tbsp taco seasoning mix
- 2 cloves garlic, crushed
- 3 cups (approx. 500g) grated and firmly packed sweet potato
- 2 cups (200g) shredded tasty cheese
- 2 green onions, finely sliced
- ⅓ cup finely chopped coriander leaves, plus extra for garnish
- Pepper, to taste
- 1 tbsp olive oil
- Guacamole and hot sauce, to serve

METHOD

1. Preheat oven to 180°C/160°C (fan-forced).
2. Whisk 4 eggs, milk, seasoning and garlic in a large bowl. Add sweet potato, 1½ cups cheese, green onions and coriander. Mix well. Season with salt and pepper.
3. Heat the oil in a large ovenproof frying pan (20cm base/26cm top) over a medium heat, swirling to coat base and sides of pan. Add sweet potato mixture. Flatten top and cook for about 5 minutes or until base is golden.
4. Form four indents in mixture with the back of a spoon. Scatter with remaining cheese. Crack an egg into each hole. Cook in oven for 15 minutes, or until hash brown is firm to touch and egg whites are set.
5. Serve with guacamole and hot sauce. Garnish with extra coriander leaves.

NUTRITION INFORMATION

Serving size:	300g
Average Quantity per Serving	
Energy	2080kJ (498Cal)
Protein	30.0g
Fat, Total	31.3g
- Saturated	14.3g
Carbohydrate	21.3g
- Sugars	9.2g
Dietary Fibre	4.4g
Sodium	1130mg

Lebanese Spiced Lamb Baba Ghanoush

SERVES 4
TIME 75 MINS

INGREDIENTS

SPICED LAMB

- 2 tbsp olive oil
- 1 brown onion, finely chopped
- 2 cloves garlic, crushed
- 500g lean lamb mince
- ½ tsp ground cinnamon
- 2 tsp ground cumin
- 2 tsp ground coriander
- 1 fresh long red chilli, thinly sliced
- 2 tbsp honey
- 1 lemon
- ¼ cup small fresh mint leaves
- 4 eggs
- Warmed wholegrain or wholemeal flat bread and lemon wedges, to serve

BABA GHANOUSH

- 2 (600g) medium eggplants
- 1 clove garlic, crushed
- 1 tbsp tahini
- ¼ cup (60ml) lemon juice
- 2 tbsp olive oil, plus extra to oil baking tray

GARDEN SALAD

- Mixed green leaves
- Tomatoes
- Cucumber
- or your choice of ingredients to make 4 side serves

NUTRITION INFORMATION

Serving size:	492g
Average Quantity per Serving	
Energy	2660kJ (634Cal)
Protein	39.7g
Fat, Total	35.5g
- Saturated	7.1g
Carbohydrate	33.2g
- Sugars	20.5g
Dietary Fibre	11.3g
Sodium	321mg





METHOD

BABA GHANOUSH

1. Preheat oven to 220°C/200°C fan-forced.
2. Pierce eggplants all over with fork. Place on an oiled baking tray. Roast, turning occasionally, for 40 minutes or until eggplant is soft. Stand for 10 minutes. Halve eggplant. Scoop out flesh and discard skin. Place eggplant flesh in a food processor with crushed garlic, tahini, juice and oil.
3. Process until almost smooth. Season to taste. Set aside.

SPICED MINCED LAMB

1. Heat half the oil in a large frying pan over medium-high heat.

Cook onion and garlic, stirring, for 5 minutes or until softened.
2. Add lamb, spices and half the chilli. Cook, stirring for 10 minutes or until lamb is browned and cooked. Add honey. Cook for 5 minutes or until lamb is golden and crisp. Squeeze over juice of half a lemon.

3. Meanwhile, heat remaining oil in a medium frying pan over medium-high heat. Crack eggs into the pan and cook for 3 minutes, sunny side up.
4. Spread baba ghanoush over base of a serving platter. Spoon over lamb mixture. Top with eggs, mint and remaining chilli. Serve with warmed flat bread and lemon wedges.
5. Serve with a garden salad on the side.

Zucchini and Egg Pizza

SERVES 2
TIME 40 MINS

INGREDIENTS

ZUCCHINI PIZZA BASE

- 500g zucchini, grated (approx. 4 medium zucchinis)
- ½ cup (40g) grated parmesan cheese
- ⅓ cup quinoa flour
- ½ tsp dried Italian herbs
- 1 egg, beaten

TOPPINGS

- 3 asparagus stalks, base trimmed
 - 1 tbsp low salt pizza sauce
 - 50g diced cooked skinless chicken
 - ¼ cup finely sliced roasted red capsicum
 - 4 bocconcini, halved
 - Olive oil cooking spray
 - 3 small (50g each) eggs
 - Fresh basil for garnish (optional)
3. Spoon zucchini mixture onto prepared baking tray to form a 25-30cm round or oval base, approx. 1cm thick. Bake 20 minutes or until golden.

TO ASSEMBLE

1. Using a potato peeler, slice asparagus lengthways into thin slices.
2. Spoon pizza sauce over pizza crust and arrange asparagus, chicken, capsicum and bocconcini over the top, leaving space for 3 eggs. Spray with cooking spray.
3. Crack eggs into each space and bake 10-12 minutes or until egg whites are set and yolks still creamy. Stand 5 minutes. Garnish with basil leaves and serve warm.

METHOD

ZUCCHINI PIZZA BASE

1. Preheat oven to 200°C/180°C (fan-forced) and line a pizza tray with baking paper.
2. Squeeze grated zucchini to remove as much moisture as possible. Toss into a bowl along with parmesan, flour, herbs and egg. Mix well.

NUTRITION INFORMATION

Serving size:	527g
Average Quantity per Serving	
Energy	2890kJ (691Cal)
Protein	46.3g
Fat, Total	42.1g
- Saturated	16.7g
Carbohydrate	28.7g
- Sugars	7.5g
Dietary Fibre	6.4g
Sodium	713mg



Stuffed Peppers

SERVES 4
TIME 40 MINS

INGREDIENTS

- 4 large red capsicums, halved, seeds removed
- 2 tsp olive oil
- 1 small red onion, finely chopped
- 2 garlic cloves, crushed
- 2 tsp finely grated lemon zest
- 1 tsp ground cumin
- 1 tsp ground cinnamon
- 300g lean lamb mince
- 125g cup microwave basmati rice, cooked
- 1 cup canned diced tomatoes
- 2 tbsp toasted pine nuts
- 2 tbsp chopped fresh flat-leaf parsley, plus extra leaves to serve
- 8 small eggs

METHOD

1. Preheat oven to 200°C/180°C fan forced and line a large baking tray with baking paper. Place capsicums on prepared tray and bake for 15 minutes.
2. Meanwhile, heat oil in a large non-stick frying pan over medium heat. Cook onion, stirring, for 4 minutes or until softened. Add garlic, lemon zest, cumin and cinnamon and cook, stirring, for 1 minute or until fragrant. Add mince and cook, breaking mince up with a wooden spoon for 3-4 minutes or until just cooked. Add rice, tomatoes and pine nuts and cook, stirring, for 2 minutes. Season with salt and pepper and stir in the parsley.
3. Drain any liquid from capsicums. Spoon filling into capsicums and make an indent in each. Carefully break an egg into indent and bake for 15 minutes or until eggs are cooked to your liking. Serve sprinkled with extra parsley.

NUTRITION INFORMATION

Serving size:	528g
Average Quantity per Serving	
Energy	1840kJ [438Cal]
Protein	36.6g
Fat, Total	20.1g
- Saturated	4.9g
Carbohydrate	23.6g
- Sugars	13.0g
Dietary Fibre	6.9g
Sodium	276mg



When eating to improve your heart health and cholesterol, consider^{1,2}:



Choosing soy & linseed bread and oat or barley based cereals and wraps as the preferred types



Including salad vegetables in a mix of green leafy, yellow/orange and red



Adding vegetables like carrot, lettuce, cucumber, capsicum, celery and tomato to your meal



Choosing brown or wholemeal pasta and rice

Turkey, Broccoli & Quinoa Burgers

SERVES 4
TIME 40 MINS

INGREDIENTS

- 150g broccoli, trimmed, cut into florets
- 500g turkey breast mince
- 100g (½ cup) quinoa flakes
- 3 long green onions, thinly sliced
- 5 eggs
- 4 wholegrain buns, split, toasted
- 60g (¼ cup) hummus
- 4 eggs
- 60g mixed salad leaves
- 2 tomatoes, sliced
- 1 Lebanese cucumber, sliced
- 1 tbsp sriracha chilli sauce, plus extra, to serve

GARDEN SALAD

- Mixed green leaves
- Tomatoes
- Cucumber
- or your choice of ingredients to make 4 side serves

METHOD

1. Steam, boil or microwave broccoli until tender. Drain. Set aside to cool then finely chop.
2. Combine broccoli, mince, quinoa, green onions and one egg in a medium size bowl. Divide mixture into 4 portions. Shape each portion into 2cm-thick burger patties.
3. Heat oil in a large non-stick frying pan over medium heat. Cook patties for 3-4 minutes each side or until golden and cooked through.
4. Meanwhile, lightly spray a large non-stick frying pan with oil and heat over medium-high heat. Fry remaining eggs until cooked to your liking.
5. To assemble, spread bread roll bases with hummus. Top each with salad leaves, tomato, cucumber a burger patty and an egg. Drizzle with a little sriracha chilli sauce and enclose with bun tops.
6. Serve with a garden salad on the side.

VIEW TIPS 

NUTRITION INFORMATION

Serving size:	541g
Average Quantity per Serving	
Energy	2640kJ (631 Cal)
Protein	51.4g
Fat, Total	21.1g
- Saturated	4.1g
Carbohydrate	51.7g
- Sugars	9.5g
Dietary Fibre	12.4g
Sodium	1070mg



POWERED BY eggs

Broccoli Falafels with Buckwheat, Egg and Herb Salad

SERVES 4
TIME 50 MINS

INGREDIENTS

BROCCOLI FALAFELS

- 300g broccoli, coarsely chopped
- 400g can chickpeas, drained and rinsed
- ½ cup chopped mint leaves, plus extra to serve
- 2 green onions, sliced
- 1 clove garlic, crushed
- 2 tsp ground cumin
- 2 tsp ground coriander
- 1 tsp baking powder
- 2 tbsp quinoa flour

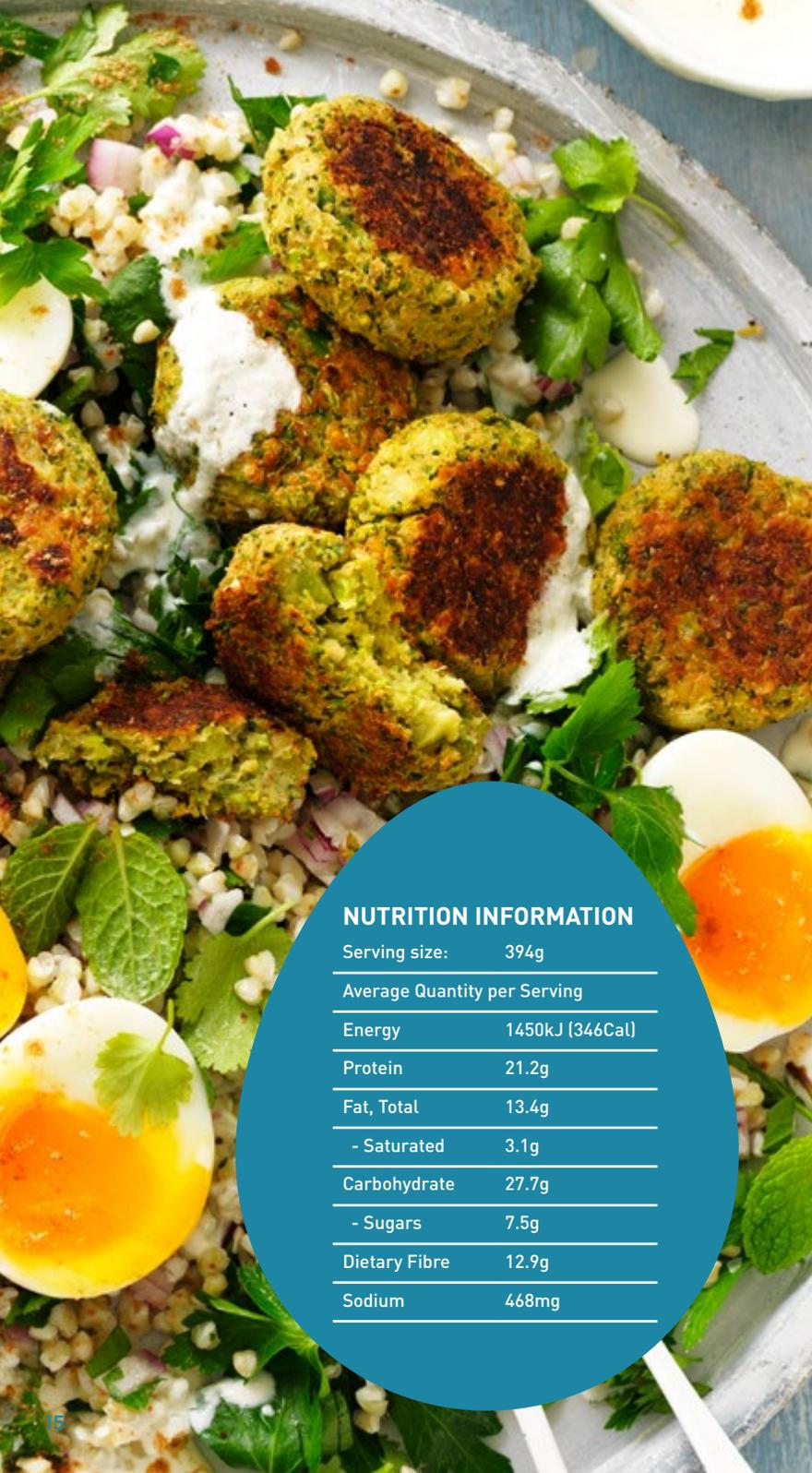
BUCKWHEAT, EGG AND HERB SALAD

- ½ cup (85g) buckwheat kernels
- 3 eggs
- 1 bunch continental parsley, leaves chopped
- 1 bunch coriander, leaves chopped
- 1 small red onion, finely chopped
- 150g mixed veggies such as cherry tomatoes, cucumber & spinach.

DRESSING

- 2 tbsp lemon juice
- 1 tbsp apple cider vinegar
- 1 small clove garlic, crushed
- 1 tbsp olive oil
- Freshly ground black pepper
- ½ cup (125ml) Greek yoghurt





NUTRITION INFORMATION

Serving size: 394g

Average Quantity per Serving

Energy 1450kJ (346Cal)

Protein 21.2g

Fat, Total 13.4g

- Saturated 3.1g

Carbohydrate 27.7g

- Sugars 7.5g

Dietary Fibre 12.9g

Sodium 468mg

METHOD

TO MAKE THE BROCCOLI FALAFELS

1. Preheat oven to 200°C/180°C (fan-forced) and line a baking tray with baking paper.
2. Place broccoli, chickpeas, mint, green onions and garlic into the bowl of a food processor. Pulse until the mixture is finely chopped. Add remaining ingredients and process until mixture resembles fine breadcrumbs.
3. Divide the mixture into 12 balls and shape into small patties approximately 1cm thick. Place onto prepared baking tray, spray both sides with cooking spray and bake 15 minutes. Turn over, bake a further 10 minutes. Set aside.

BUCKWHEAT, HERB AND EGG SALAD

1. Meanwhile, cook buckwheat in boiling water for 15 minutes. Drain and refresh with cold water. Set aside.
2. Boil eggs for 5 minutes for medium boiled eggs. Drain, cool and peel. Cut in half. Set aside.
3. Transfer buckwheat to a large salad bowl. Add parsley, coriander, cherry tomato, spinach and onion and toss to mix evenly.

DRESSING

1. Whisk lemon juice, apple cider vinegar, garlic and oil. Season with freshly ground black pepper. Drizzle $\frac{3}{4}$ over the salad and mix well. Mix remaining into the yoghurt.
2. Top buckwheat salad with eggs and serve with broccoli falafels and yoghurt. Garnish with extra mint.

DID YOU KNOW?

Although high cholesterol levels are associated with heart disease risk, cholesterol in itself is not necessarily bad.

In fact, it's essential to help process cell membranes, vitamin D, hormones, and bile acids¹.



Eggs are a source of dietary cholesterol but it is even more important what you eat with your eggs. It is recommended that eggs be eaten as part of a varied diet alongside foods that are good for the heart such as fish, fruit, vegetables, whole grains, nuts, and legumes^{2,3}.

1. Soliman, G. A. (2018). Dietary Cholesterol and the Lack of Evidence in Cardiovascular Disease. *Nutrients*, 10(6). <https://doi.org/10.3390/NU10060780> 2. Heart Foundation (2019). Eggs & Heart Healthy Eating Dietary Position Statement. https://www.heartfoundation.org.au/getmedia/e1cd12fc-cbdc-4677-a3a0-0a3096a721ed/Nutrition-Position-Statement-EGGS_FINAL3.pdf 3. National Health and Medical Research Council. (2013). Eat for health- Australian Dietary Guideline Summary. https://www.eatforhealth.gov.au/sites/default/files/files/the_guidelines/n55a_australian_dietary_guidelines_summary_book.pdf

Protein Packed Banana Porridge

SERVES 3
TIME 10 MINS

INGREDIENTS

- 1 cup rolled oats
- 1 cup water
- ½ cup milk, plus extra to add during cooking
- 1 banana, preferably overripe
- 1-2 eggs (use 2 eggs if they are small)
- Cinnamon to taste
- Honey or maple syrup to taste

METHOD

1. Finely slice or mash the banana and set aside. Whisk the egg/s and set aside.
2. Place the oats, water and milk in a saucepan. Bring to a boil then reduce heat to low and cook, stirring gently, for about 5 minutes or until the mixture starts to soften and thicken.

3. Add the banana, whisked egg and a pinch of cinnamon and cook for a further 2-3 minutes, stirring continuously, until the ingredients have been thoroughly incorporated and the egg has cooked into the porridge. If the porridge is too thick, add extra water or milk.

4. Serve the porridge hot with a drizzle of honey or maple syrup. Add toppings as desired.

NOTE: For a dairy free breakfast, simply use a non-dairy milk like almond, rice or coconut milk.

NUTRITION INFORMATION

Serving size:	197g
Average Quantity per Serving	
Energy	786kJ (188Cal)
Protein	7.7g
Fat, Total	5.7g
- Saturated	1.9g
Carbohydrate	24.3g
- Sugars	9.0g
Dietary Fibre	3.3g
Sodium	48mg



Sweet Potato & Chicken Pie with Tomato Olive Salsa

SERVES 4
TIME 60 MINS

INGREDIENTS

PIE

- 250g skinless chicken breast
- 700g sweet potato, peeled
- 250g frozen spinach, thawed
- 6 eggs
- 1/3 cup (80ml) milk
- 1/3 cup (25g) finely grated parmesan cheese

TOMATO & OLIVE SALSA

- 1/4 red onion, finely chopped
- 200g grape tomatoes, chopped
- 1/3 cup (55g) pitted black olives, thinly sliced
- Pinch red chilli flakes
- 1 tbsp extra-virgin olive oil
- 2 tsp lemon juice

NUTRITION INFORMATION

Serving size:	465g
Average Quantity per Serving	
Energy	1760kJ (421Cal)
Protein	32.4g
Fat, Total	17.8g
- Saturated	4.8g
Carbohydrate	28.1g
- Sugars	12.9g
Dietary Fibre	7.6g
Sodium	512mg





METHOD

1. Preheat oven to 180°C. Lightly spray a small non-stick frying pan with oil and heat over medium heat. Cook chicken for 4 minutes each side or until golden and cooked through. Transfer to a board and set aside to cool slightly. Shred chicken.
2. Lightly spray a 24cm (base measurement) x 4cm deep pie dish with olive oil. Cut two long strips of baking paper measuring 28cm long. Place strips into the base of the dish crossing over in the middle. This will make the pie easier to remove from the dish.
3. Slice sweet potatoes into thin (about 2-3mm thick) rounds. Place into a large microwave safe bowl and add 2 tablespoons of water. Cover and cook for 2 minutes. Stir, cover again and cook for a further 1-2 minutes or until sweet potatoes has begun to soften. Remove, drain and cool until cool enough to handle.
4. Arrange sweet potato slices into pie dish, overlapping to line the base and sides.
5. Squeeze out excess water from spinach.
6. Beat eggs in a large bowl. Add spinach, chicken and parmesan and stir to combine. Carefully pour filling over sweet potato base and cover dish with foil. Bake for 15 minutes. Remove foil and bake for a further 15-20 minutes or until filling is set. Let stand for 5 minutes before serving.
7. Meanwhile, combine onion, tomato, olives, chilli flakes, oil and lemon juice in a small bowl. Season with salt and pepper. Serve pie topped with the salsa for grownups and older kids and for babies and toddlers, cut into cubes.

Cholesterol levels are only one risk factor for heart disease. There are factors that cannot be controlled and some that can be modified by diet and lifestyle changes.

The most common contributors to heart disease risk include¹:

Genetics



Age



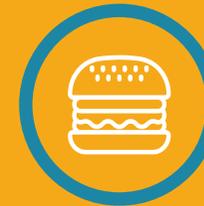
Gender



Ethnicity



Diet



High alcohol intake



Physical inactivity



Excess body weight



Diabetes



High blood pressure



Depression & social isolation



Smoking



Omelette Dumplings

CAMELLIA LING AEBISCHER (@CAMMIENOODLE)

SERVES 3
TIME 30 MINS

INGREDIENTS

FOR THE WRAPPERS

- 8 eggs
- 4 tbsp cornflour

FOR THE FILLING

- 200 g pork mince
- 2 cloves garlic, grated
- Thumb-sized knob ginger, grated
- 4 spring onions, finely sliced
- 2 tbsp low salt soy sauce
- 1 tsp sesame oil
- 2 tbsp Shaoxing cooking wine (or a little stock)

TO SERVE

- Chilli oil and low salt soy sauce, to serve
- 2 cups of boiled vegetables per serving - broccoli, peas, asparagus or carrots.

METHOD

1. Add a little water to cornflour to make a paste then, in a large jug, whisk through eggs and salt.
2. Make the filling by mixing all ingredients in a bowl and massaging them together with your hands. This will create a springy/juicy texture for the filling.
3. Lightly oil a pan over low-medium heat and pour about a tablespoon of the egg mix to make a circle. Once the bottom of the egg has set but the top is still a bit sticky/wet, add a small teaspoon of filling to the middle of the wrapper then fold one side over to encase it, making a semi-circle.
4. Seal the edges by gently pressing them with a spatula.
5. Once the edges are set, place the dumplings to the side. They won't be fully cooked yet, just continue til you've used up all the mix.
6. Add the dumplings back to the pan and pour in the Shaoxing. Cook for 5 minutes, flipping halfway, or cover with a lid to steam through.
7. Serve with a drizzle of chilli oil, some low salt soy sauce and boiled vegetables on the side.



NUTRITION INFORMATION

Serving size: 387g

Average Quantity per Serving

Energy 1640kJ (391Cal)

Protein 33.7g

Fat, Total 19.8g

- Saturated 5.8g

Carbohydrate 15.9g

- Sugars 6.1g

Dietary Fibre 5.2g

Sodium 771mg

Healthy Boiled Egg Salad

SERVES 4
TIME 5 MINS

INGREDIENTS

- 4 eggs
- 1 head cauliflower, cut into florets, large florets halved
- 400g can chickpeas, rinsed and drained
- 2 tbsp olive oil
- 60g baby spinach leaves
- ½ bunch radishes, thinly sliced
- ½ bunch mint leaves
- 1 tbsp currants

DRESSING

- ¼ cup tablespoon olive oil
- 1 tbsp lemon juice
- 1 tsp Dijon mustard
- Salt and cracked black pepper

METHOD

1. Preheat the oven to 220°C/200°C (fan-forced). Line a large oven tray with baking paper.
2. Half fill a medium saucepan with cold water. Gently lower in eggs. Bring to a simmer over medium heat and cook for 5 minutes for medium boiled eggs. Simmer the eggs for 8 minutes for hard boiled eggs. Use a slotted spoon to transfer to iced water. Peel and set aside.
3. Toss cauliflower and chickpeas in oil, salt and pepper on a prepared tray. Roast for 25 minutes, until cauliflower is tender and starting to brown around the edges.
4. For the dressing, whisk the olive oil, lemon juice, Dijon, salt and pepper together until combined. Set aside.
5. Toss radish, mint and currants though roast cauliflower and chickpeas. Top with halved eggs and drizzle with dressing.

NUTRITION INFORMATION

Serving size:	380g
Average Quantity per Serving	
Energy	1880kJ (449Cal)
Protein	16.5g
Fat, Total	31.1g
- Saturated	5.2g
Carbohydrate	21.8g
- Sugars	7.9g
Dietary Fibre	8.9g
Sodium	455mg



Zoodles & Egg Salad

SERVES 4
TIME 40 MINS

INGREDIENTS

- 260g sweet berry truss tomatoes
- 1 cup finely grated parmesan
- 4 eggs
- 4 large zucchini, trimmed
- 2 tbsp olive oil
- 2 garlic cloves, crushed
- ½ cup small basil leaves

METHOD

1. Preheat oven to 200°C. Line 2 baking trays with baking paper. Place tomatoes onto one tray and drizzle with oil. Season with salt. Spread parmesan evenly onto remaining tray. Bake for 20 minutes or until tomatoes are tender and parmesan forms a golden melted crust. Break parmesan crisp into large shards.
2. Meanwhile, bring a medium saucepan of water to the boil. Reduce heat to low, and when bubbles subside, use a spoon to stir the water until a whirlpool forms. Break an egg into a small bowl and gently slide into whirlpool. Cook for 3 minutes or until white is cooked. Use a slotted spoon to transfer egg to a plate. Repeat with remaining eggs.
3. Using a spiraliser, turn zucchini into spirals. Heat oil in a frying pan over a medium heat. Add zucchini and garlic. Cook for 3 minutes or until just softened. Remove from heat. Add basil. Toss until combined. Divide zoodles between serving plate and top each with a poached egg. Serve with roast tomatoes and parmesan crisps.

NUTRITION INFORMATION

Serving size:	452g
Average Quantity per Serving	
Energy	1480kJ (353Cal)
Protein	22.5g
Fat, Total	25.0g
- Saturated	9.2g
Carbohydrate	7.7g
- Sugars	7.1g
Dietary Fibre	4.7g
Sodium	553mg

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