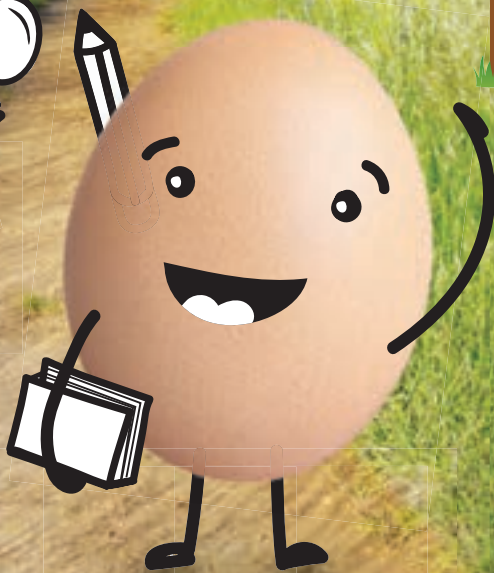
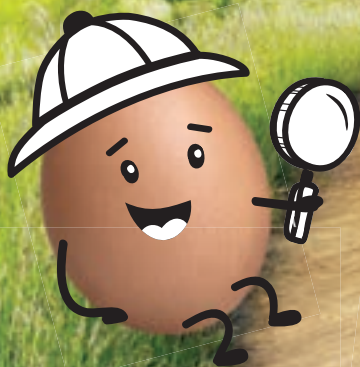


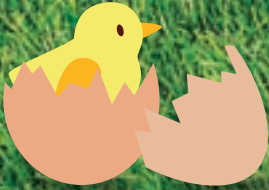
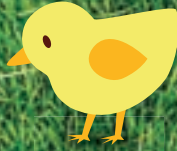
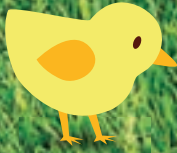
# The Journey of an Egg



FARM

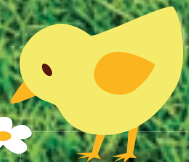
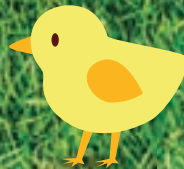
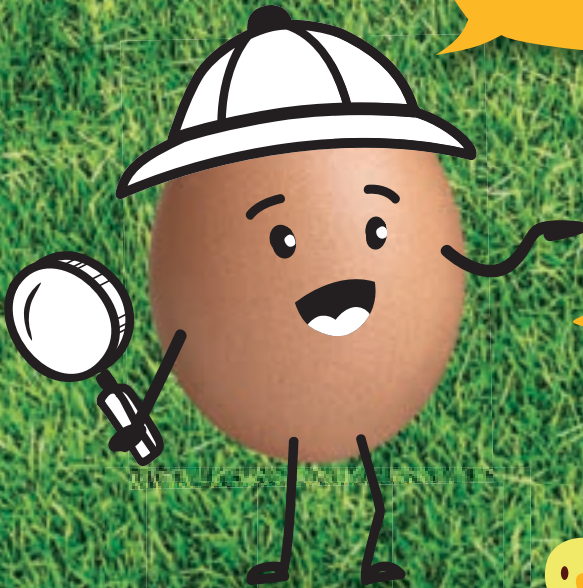
SHOP





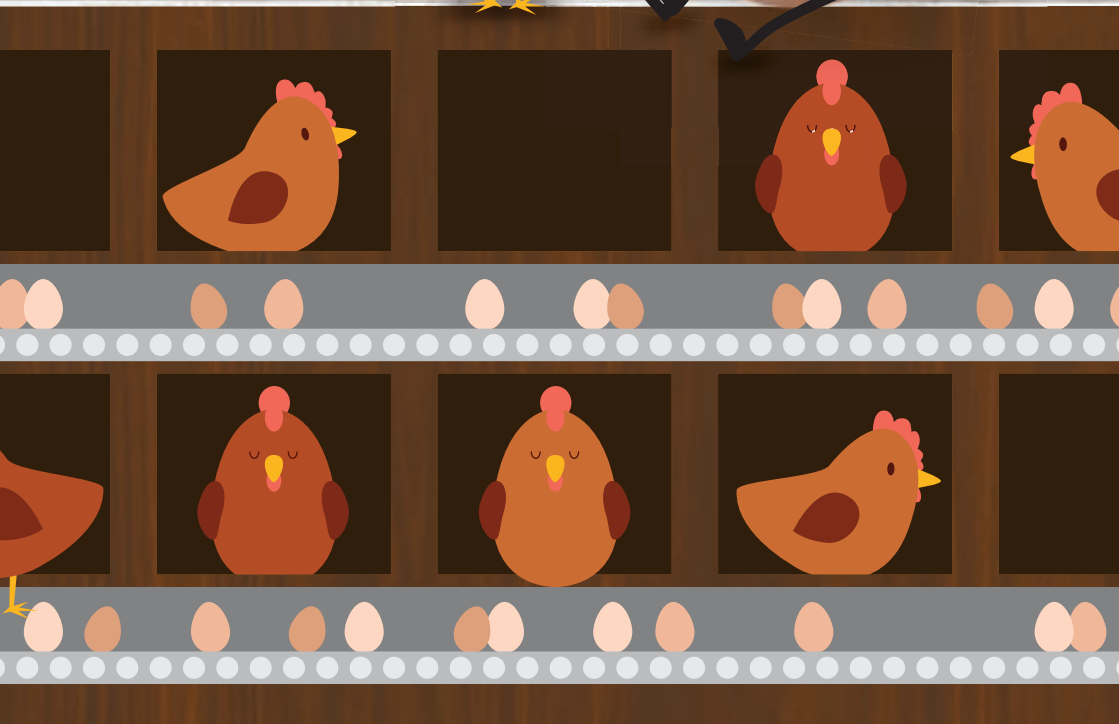
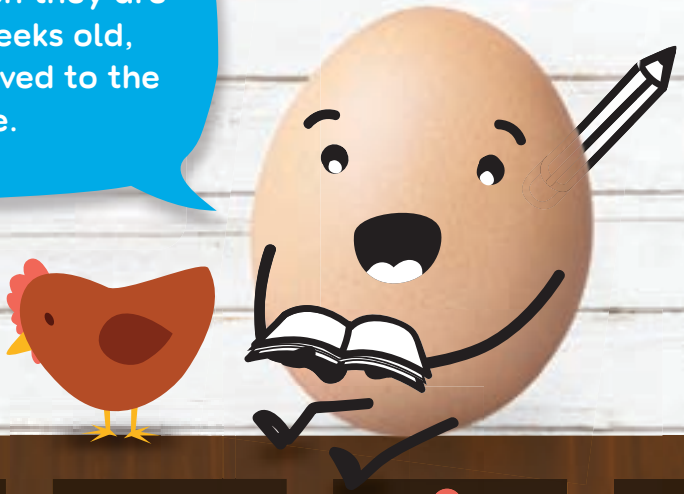
## On the Farm

Chicks are hatched at a hatchery. They are raised in broods (groups) on a farm from one day old.





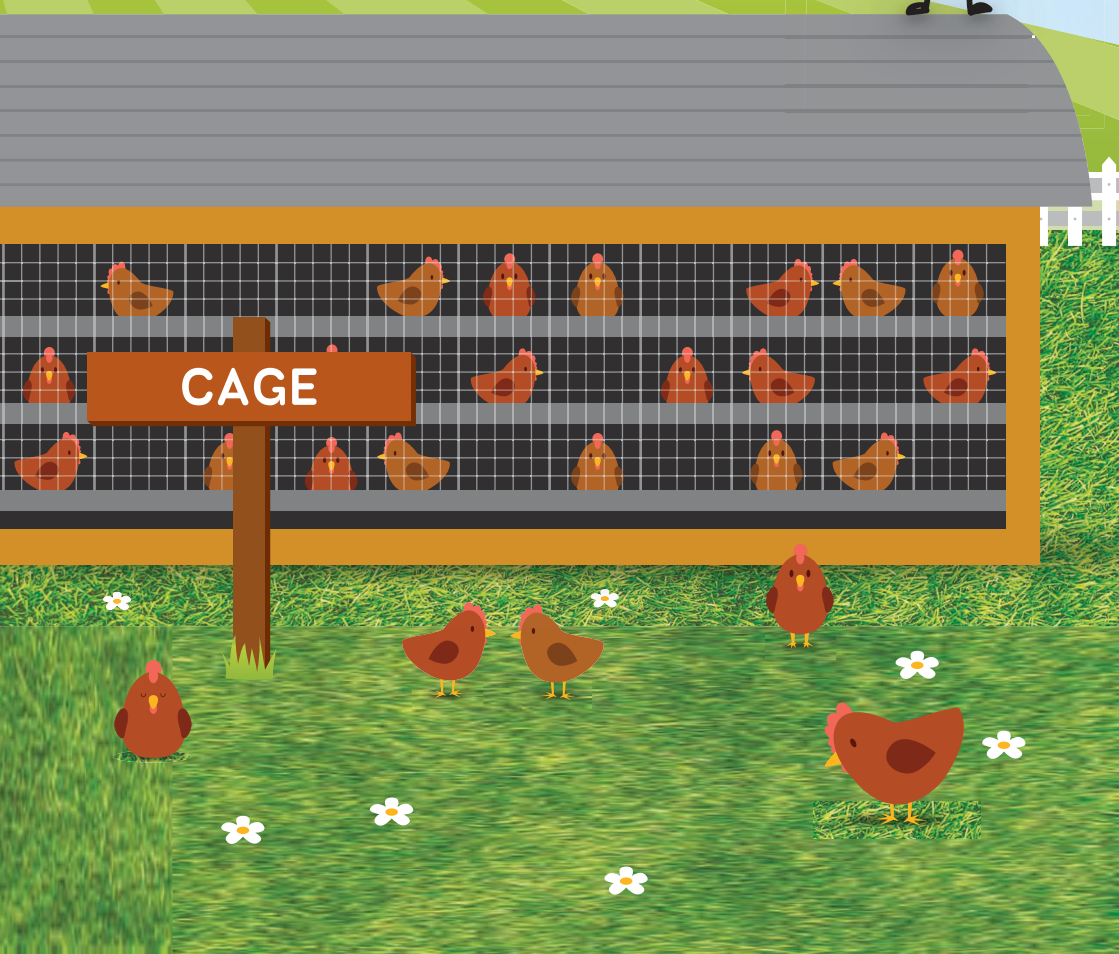
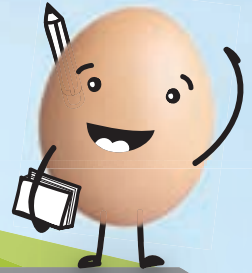
Young hens are called pullets. When they are around 16 weeks old, they are moved to the laying house.



Hens live in one of the three main types of farming systems in Australia: cage, barn and free range.

Each system has its own benefits, and all are focused on keeping hens healthy.

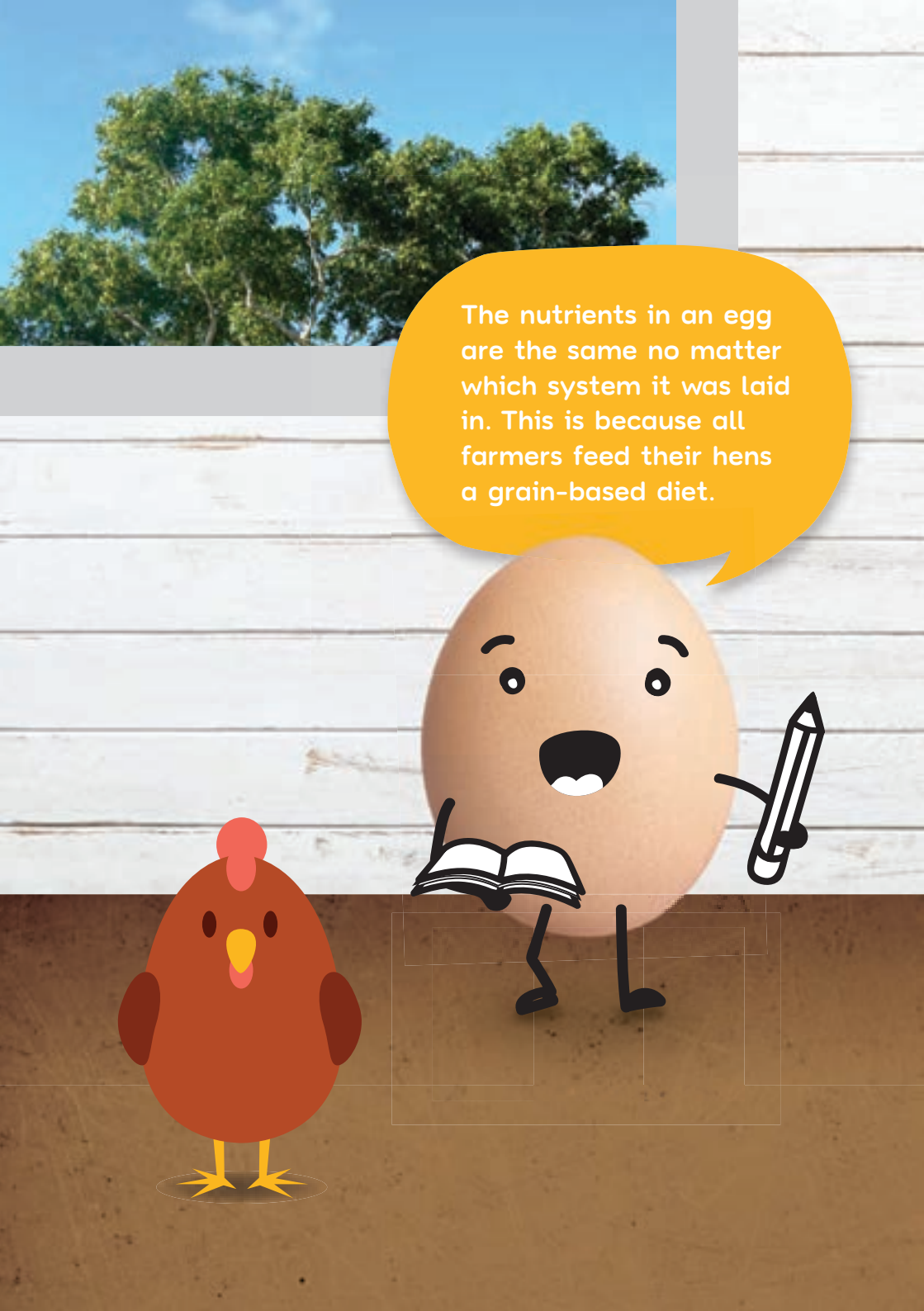
Cage systems keep hens safe from predators and disease by allowing them to live in a carefully controlled indoor environment.



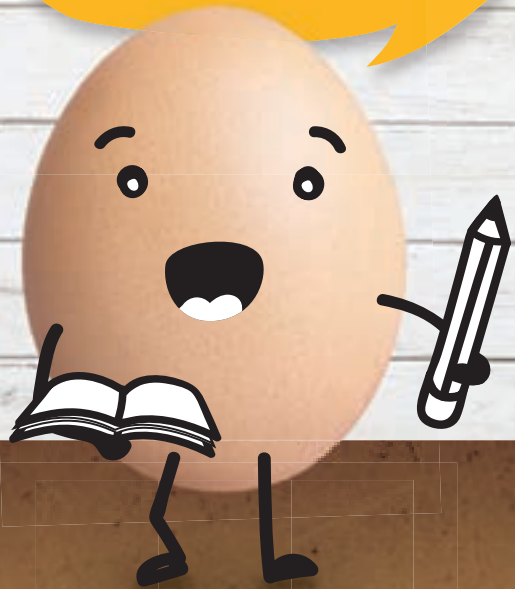
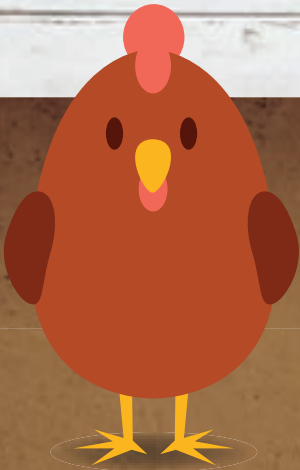
Barn systems are large indoor areas where hens can walk around, socialise and lay their eggs in special nest boxes.

Free range hens lay their eggs in nest boxes early in the morning, before they roam outside during the day. They sleep securely and comfortably in sheds at night.





The nutrients in an egg are the same no matter which system it was laid in. This is because all farmers feed their hens a grain-based diet.

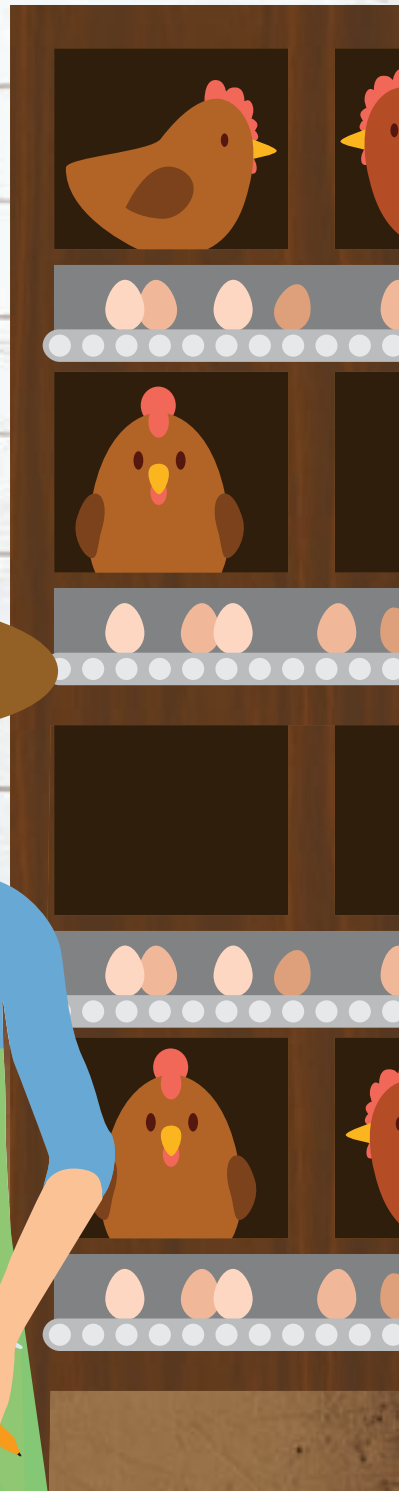
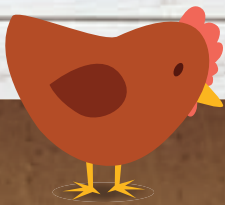


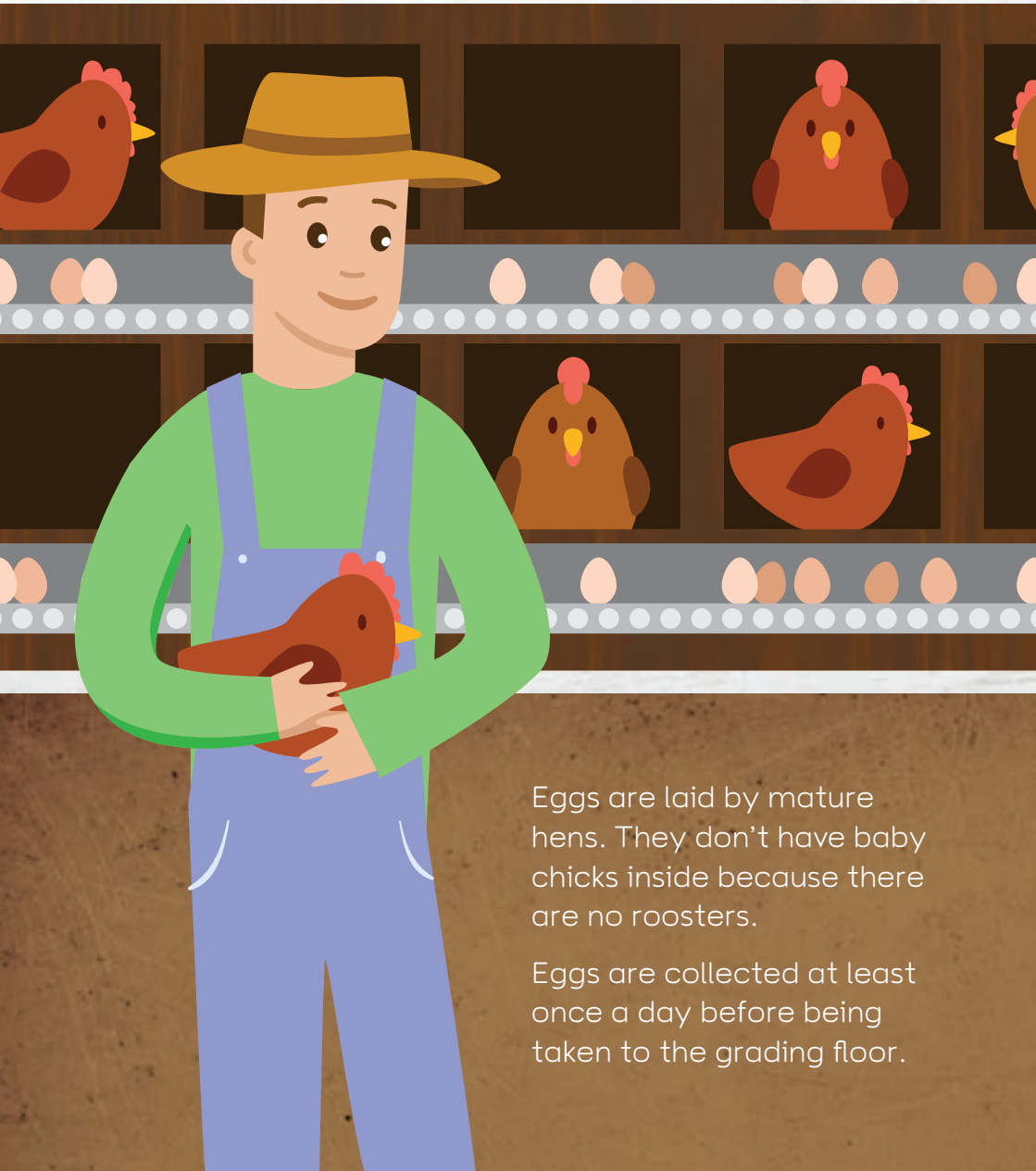


Biosecurity is very important for keeping hens happy and safe. And not just them – their eggs too!

‘Biosecurity’ means all of the things farmers do to protect a farm from pests and diseases, such as making sure all equipment and sheds are nice and clean.

Hens also receive vaccinations, just like people! This helps stop them from getting sick and keeps their eggs safe to eat.

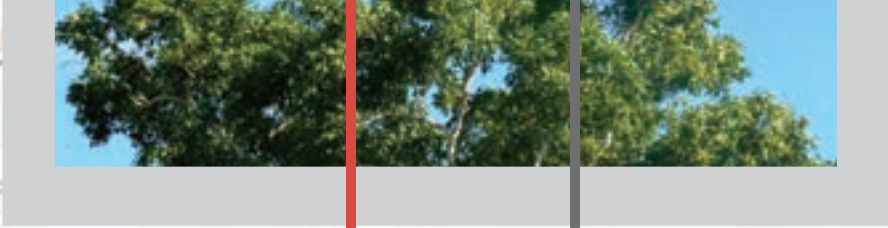




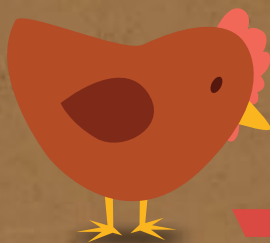
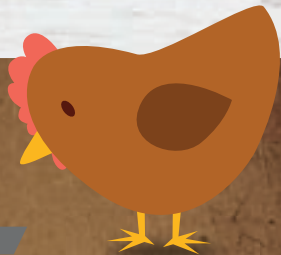
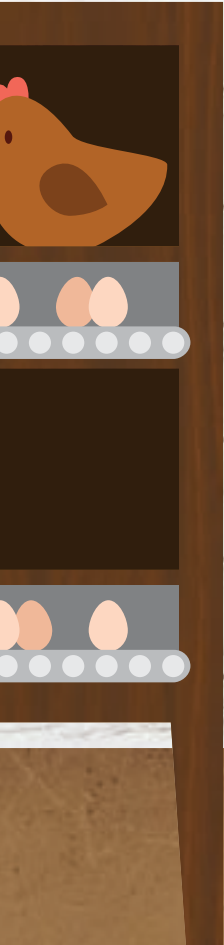
Eggs are laid by mature hens. They don't have baby chicks inside because there are no roosters.

Eggs are collected at least once a day before being taken to the grading floor.





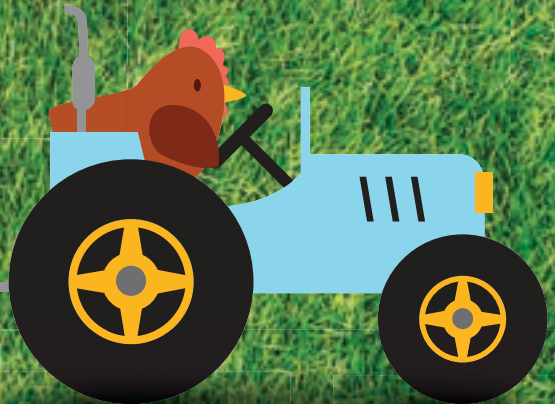
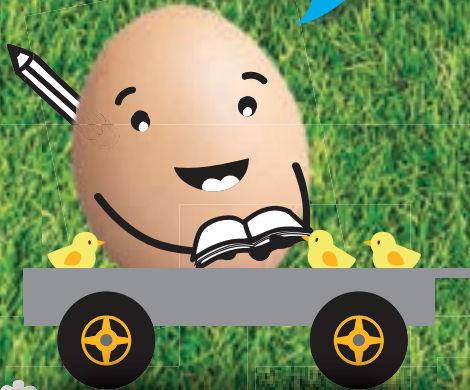
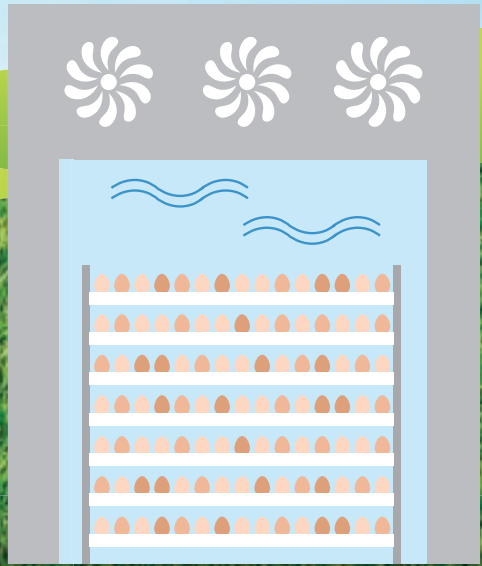
If a hen does get sick, farmers can call a special poultry vet to help nurse them back to health.

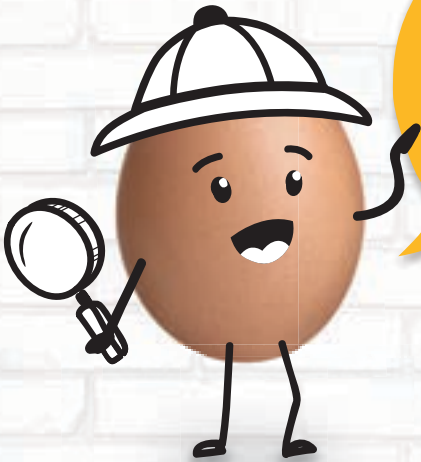
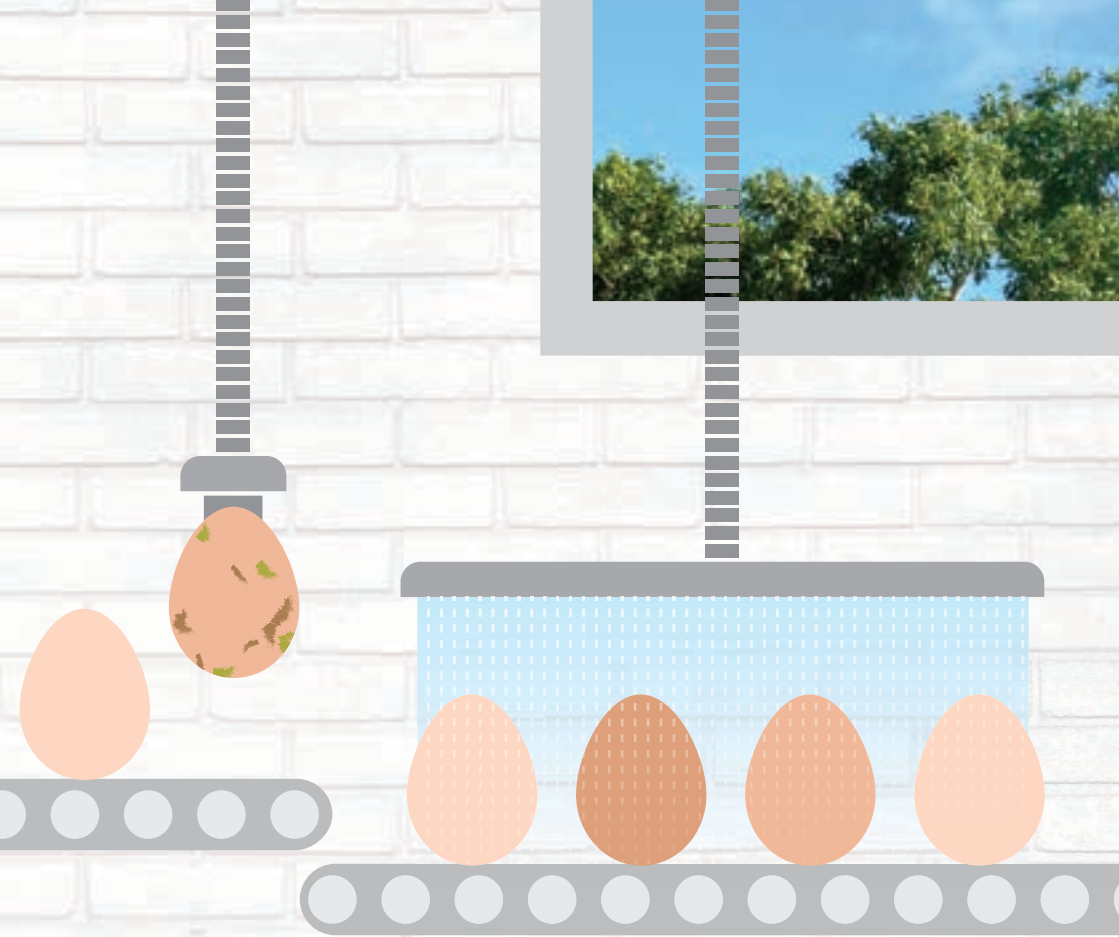




# At the Grading Floor

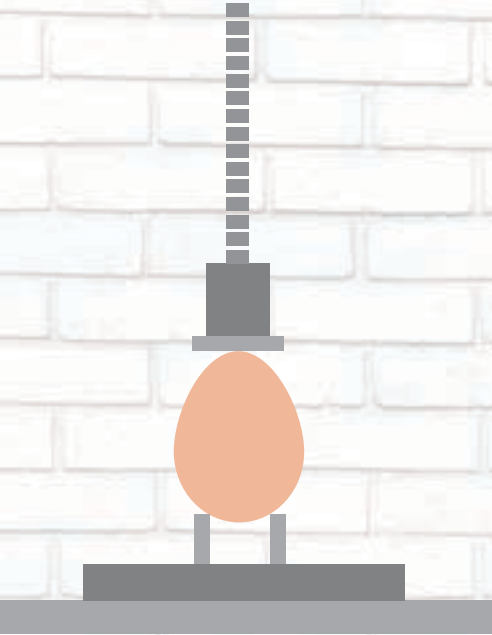
When the eggs arrive at the grading floor, they are taken to special temperature and humidity controlled cool rooms. This keeps the eggs fresh until they are packed.





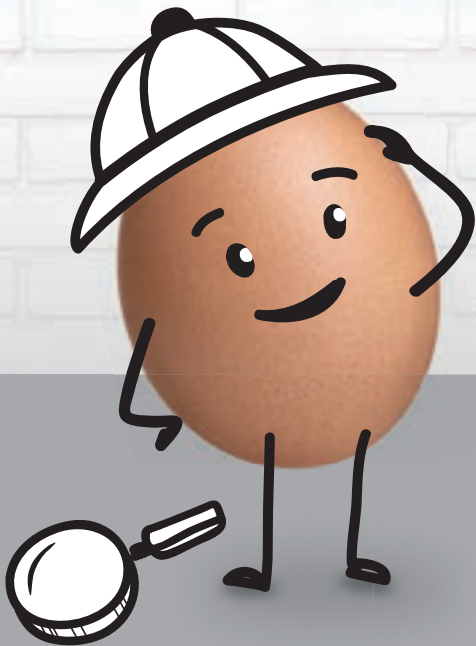
Before packaging, eggs are put onto a conveyor belt. Very dirty eggs are removed and the rest are cleaned and sanitised.

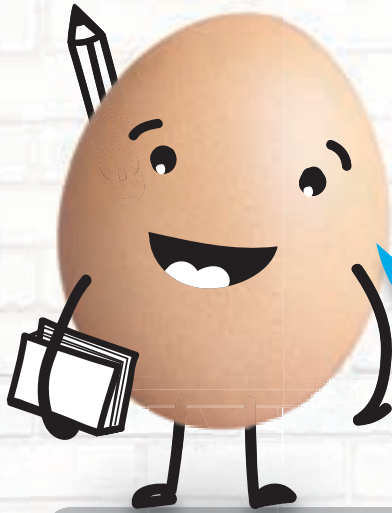




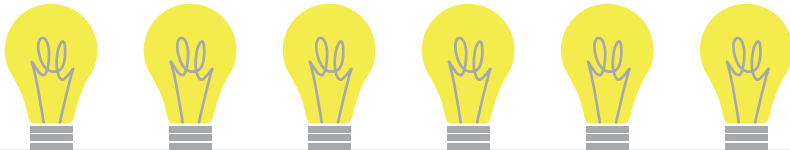
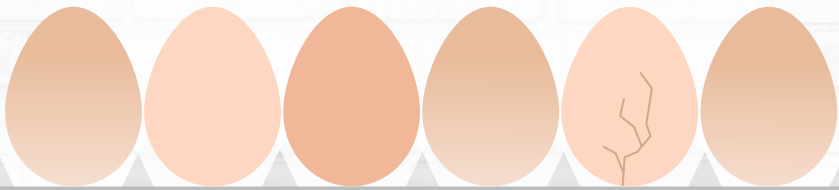
Eggs are then tested for quality so only the best end up on your plate. Testing includes the height of the white, yolk colour and shell thickness.

The eggs are then passed over a very strong light so the operator can see inside and check for internal defects. Shell defects such as cracks and dirt spots can also be seen. This is called candling.

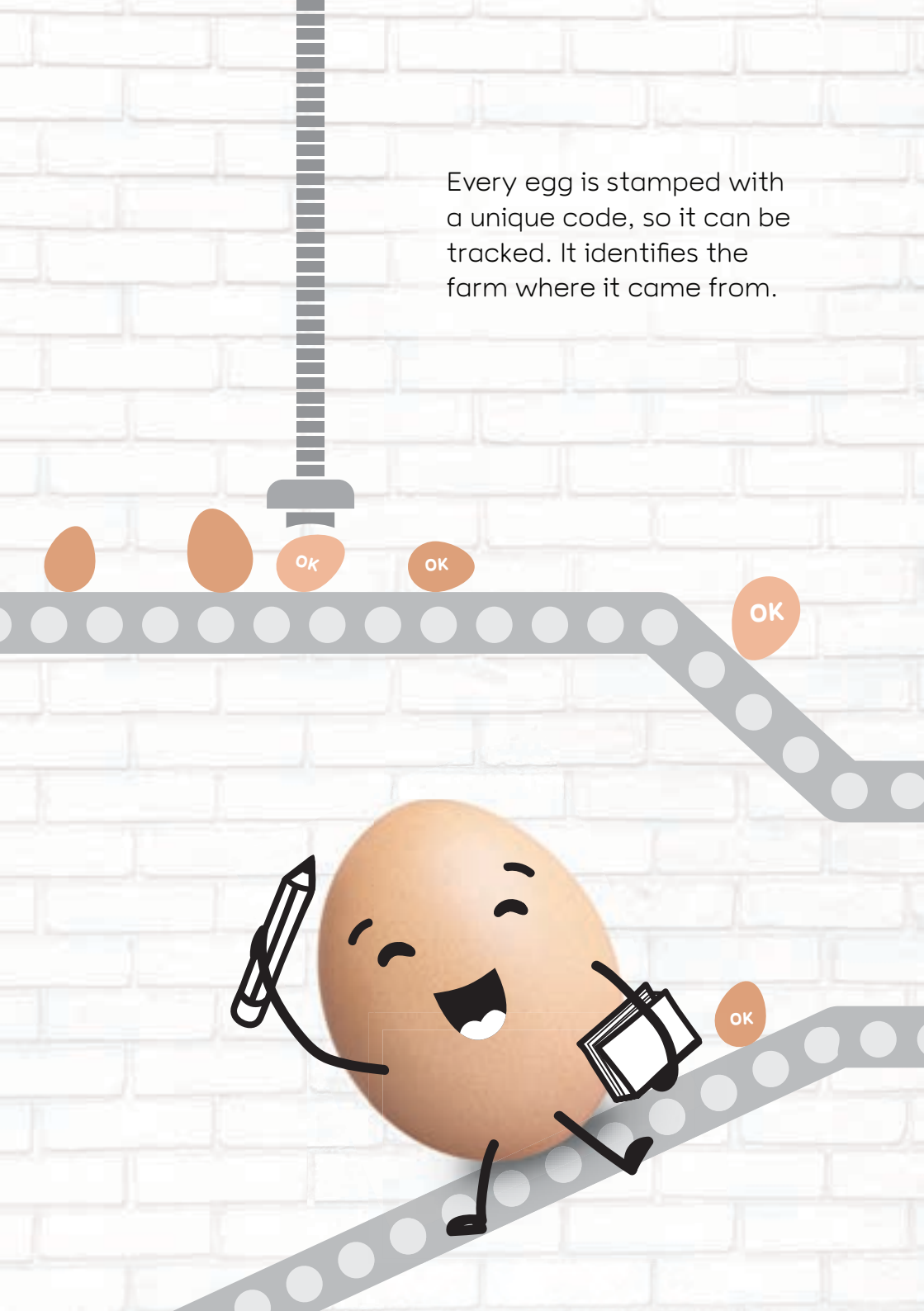




If an electronic crack detector is used, tiny cracks in a shell can be identified. If found, the egg is removed and used in processed egg products.



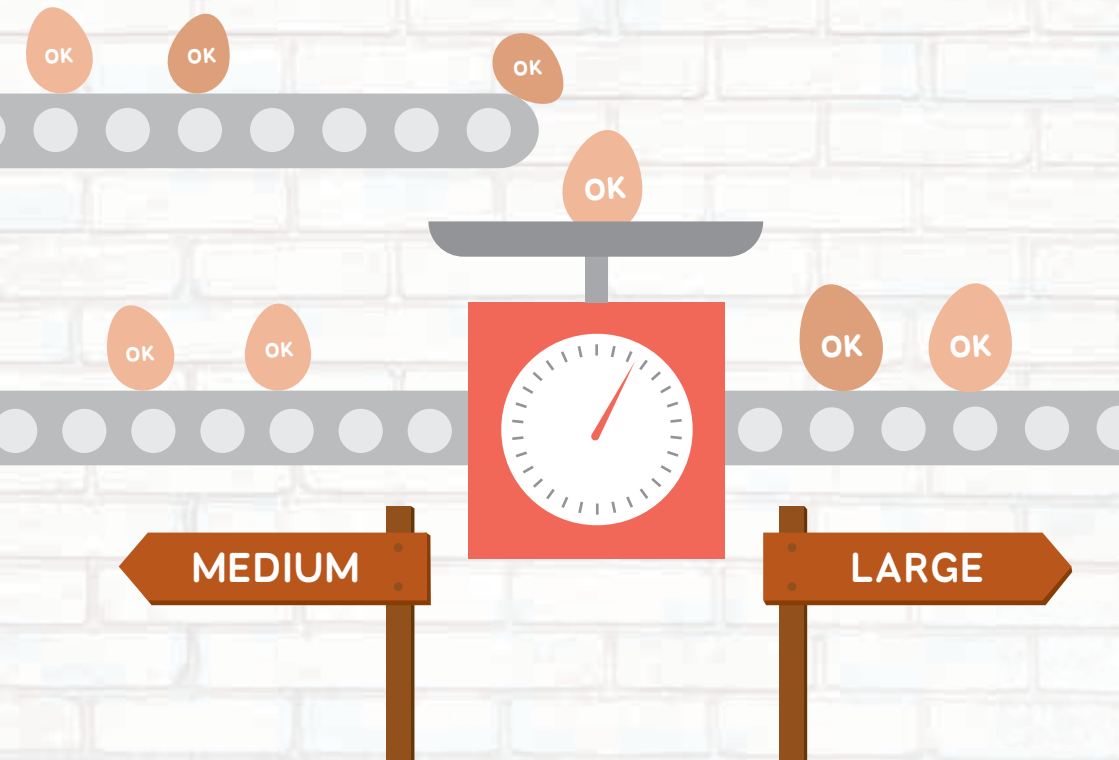
Every egg is stamped with a unique code, so it can be tracked. It identifies the farm where it came from.



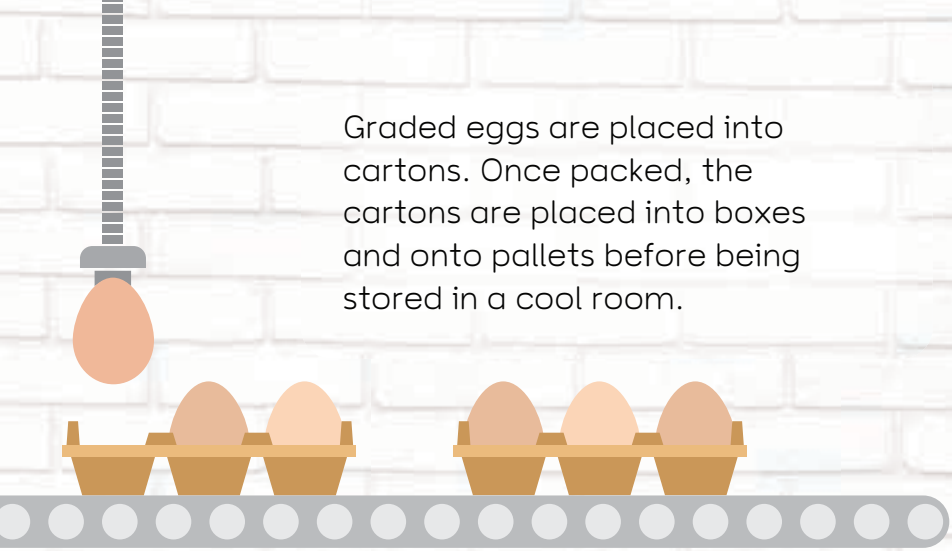




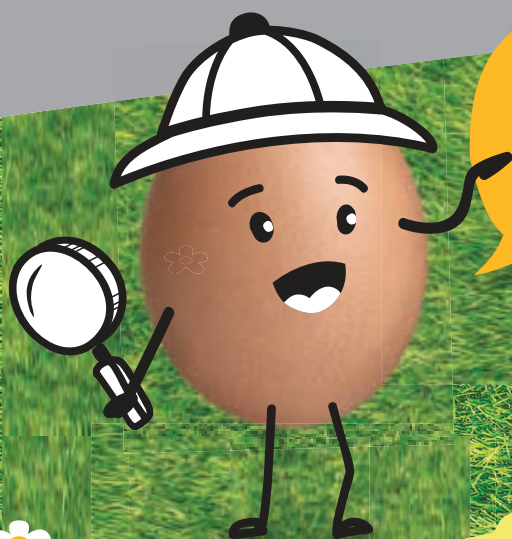
Before being packed, eggs are mechanically weighed and sorted into grades (different sizes).



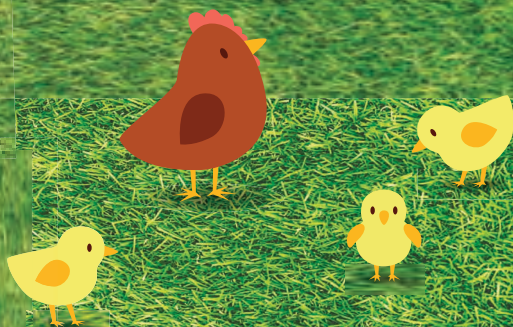
Graded eggs are placed into cartons. Once packed, the cartons are placed into boxes and onto pallets before being stored in a cool room.



For delivery, eggs are loaded onto special refrigerated trucks. This keeps them the same temperature during transport.



You can buy fresh eggs from many places, including supermarkets.





# At Home



Cooking eggs at home is fun and healthy! Breakfast, lunch or dinner. Sweet OR savoury. The possibilities are endless!

Eating eggs helps you grow and stay healthy all the way from being a baby to when you're old and wrinkly!



Aussies eat  
around 17 million  
eggs per day!

Eggs are  
the highest  
quality  
protein on  
the planet!

Eggs contain  
11 vitamins  
and minerals.

It's okay to  
eat eggs  
every day.



# Raspberry and pear pancakes

## INGREDIENTS

### Makes 10 pancakes

- 1 1/2 cups (225 grams) wholemeal (whole wheat) plain flour
- 1 1/2 teaspoons baking powder
- 1 teaspoon cinnamon, ground
- 1/3 cup (60 grams) brown sugar
- Pinch of salt
- 4 eggs, separated
- 3/4 cup (180 ml) milk
- 2 teaspoons vanilla bean paste (or extract)
- 1 cup (150 grams) fresh or frozen raspberries
- 1 pear, grated
- Butter (for frying)

### To serve

- Fresh raspberries
- Yoghurt
- Honey

## METHOD

1. Place the flour, baking powder, cinnamon, brown sugar, salt, egg yolks, milk and vanilla into a large bowl and whisk to combine.
2. Place the egg whites into a clean bowl of an electric mixer and beat until stiff peaks form.
3. In two batches, add the egg whites to the batter and gently fold to combine.
4. Gently fold through the raspberries and pear.
5. Heat a non-stick fry pan over low-medium heat and grease with a little butter. Ladle 1/4 cup measurements of the batter onto the fry pan. Cook for 2-3 minutes or until bubbles begin to appear on the surface of the pancake. Carefully flip the pancakes and cook for another minute or two, or until the pancakes are golden and bounce back when touched.
6. Place the cooked pancakes onto a plate lined with kitchen paper and continue frying until no batter remains.
7. Serve pancakes with fresh raspberries, dollop of yoghurt and drizzle of honey.

### Recipe notes

Pancakes are freezer friendly once cooled.

Prep time: 15 mins  
Cook time: 8 mins  
Makes: 10 pancakes





## INGREDIENTS

### Makes 12 mini quiches

- 3 sheets shortcrust pastry, slightly thawed
- 4 eggs
- 1 cup of milk
- 3/4 cup ricotta cheese
- 3/4 cup shredded tasty cheese
- 2 cups tightly packed baby spinach
- 12 cherry tomatoes, halved
- Pinch of salt and pepper
- Olive oil cooking spray

### Tomato chutney

- 1 red onion, diced
- 400g diced tomatoes
- 2 teaspoons curry powder
- 1 teaspoon ginger
- 2 tablespoons apple cider vinegar
- 1 tablespoon brown sugar

## METHOD

1. Heat a non-stick pan on medium heat and gently cook the spinach until wilted and soft, this shouldn't take more than 30 seconds.
2. Preheat oven to 180°C and lightly spray a 12-hole muffin pan with cooking spray.
3. Using a 10cm round cookie cutter, cut 4 circles from each pastry sheet and use these to line the muffin pan.
4. In a bowl add the eggs and milk, whisk, then set aside.
5. In a separate bowl add the spinach, ricotta, tasty cheese and cherry tomatoes, mix.
6. Spoon equal amounts of the filling into the muffin pan, then pour the egg mixture over the filling.
7. Bake for 25-30 minutes until firm.

### For the tomato chutney

1. Place onion, tomatoes, curry powder, ginger, vinegar and sugar into a saucepan.
2. Stir occasionally over medium heat, for approximately 30 minutes until the mixture is thick.
3. Allow to cool before serving, and allow to completely cool before refrigerating.

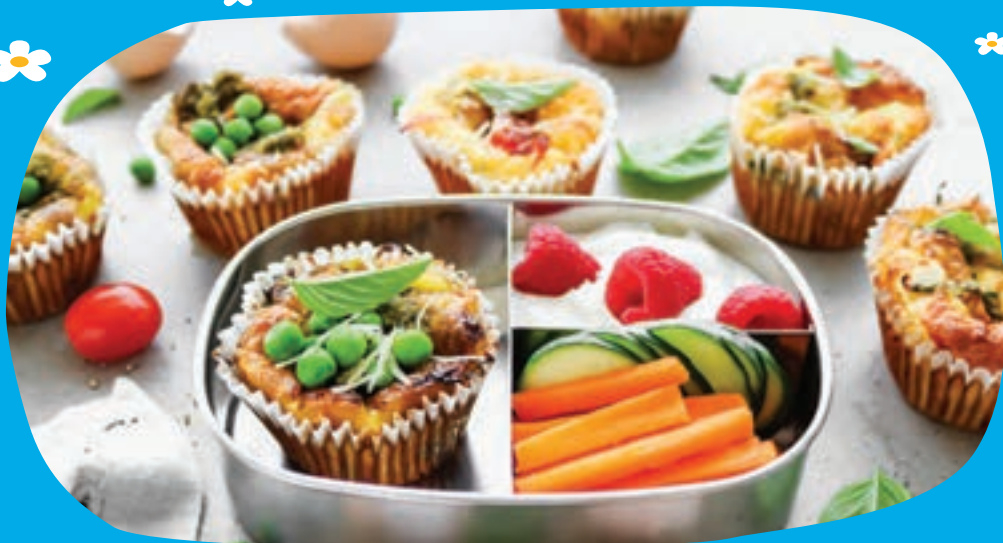
### Recipe notes

Keeps for one week in the fridge.

**Prep time: 25 mins**  
**Cook time: 25 mins**  
**Makes: 12 quiches**

# Mini spinach, cherry tomato & ricotta quiches





# Mini lunch box frittatas 3 ways

## INGREDIENTS

### Makes 12 mini frittatas

- 6 eggs
- 1/4 cup (60 ml) cream
- 1 cup (80 grams) cheddar cheese, grated
- Sea salt and pepper, to season

### Pea, zucchini and pesto filling

- 1/3 cup (50 grams) peas
- 1/3 cup grated zucchini
- 1 tablespoon basil pesto

### Pumpkin, feta and baby spinach filling

- 1/2 cup (75 grams) roasted pumpkin, cubed
- 2 tablespoons feta, crumbled
- 1/3 cup baby spinach, finely chopped

### Ham and tomato filling

- 1 slice ham, finely chopped
- 8 cherry tomatoes, halved

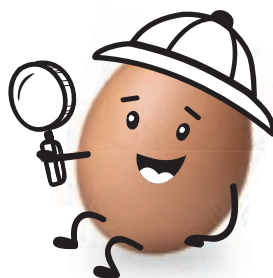
## METHOD

1. Preheat oven to 200°C. Grease a 12-hole muffin tin with olive oil spray or line with 12 papers.
2. Evenly divide the peas, grated zucchini and pesto into 4 muffin cups.
3. Evenly divide the pumpkin, feta and baby spinach into 4 muffins cups.
4. Evenly divide the ham and cherry tomatoes into 4 muffins cups.
5. Place the eggs, cream and cheese into a large jug – season with salt and pepper and whisk to combine. Evenly divide the egg mixture into the 12 muffins cups.
6. Bake for 10-12 minutes or until golden and set.
7. Allow to stand in the pan for 5-10 minutes before loosening with a knife and removing.

### Recipe notes

Frittatas are freezer friendly once cooled.

Prep time: 15 mins  
Cook time: 10-12 mins  
Makes: 12 mini frittatas



## INGREDIENTS

- 1 cup (225 grams) pumpkin puree (roasted pumpkin works best for this recipe)
- 2 eggs, room temperature
- 3 egg yolks, room temperature
- 1/4 cup (60 ml) cream
- 1 cup parmesan, grated (plus extra to serve)
- Sea salt and pepper, to season
- 500 grams spaghetti
- 1/2 cup sage leaves
- 100 grams pancetta, thinly diced
- 1 garlic clove
- Olive oil (for frying)

## METHOD

1. Place the pumpkin puree, eggs, egg yolks, cream and parmesan into a large bowl. Season with salt and pepper and whisk until combined. Set aside.
  2. Bring a large pot of water to the boil. Season with salt, add spaghetti and cook according to packet instructions. Reserve 1/2 cup pasta water before draining. Set aside.
  3. Heat olive oil in a fry pan over medium heat. Carefully add sage leaves and cook for 10 seconds or until crispy. Remove from pan and set aside.
  4. Return the fry pan to low-medium heat. Add pancetta and cook for 4-5 minutes, add garlic clove and cook for another minute. Remove garlic
- clove and discard. Add drained spaghetti to the pancetta oil mixture and toss to coat, allowing the spaghetti to absorb the flavoured oil.
5. Carefully pour the fry pan of spaghetti, pancetta and oil into the bowl containing the creamy pumpkin sauce and quickly toss to combine. Add pasta water as required to create a luscious creamy sauce.
  6. To serve, place the spaghetti onto a serving platter and top with crispy sage leaves, a good grating of parmesan and a little black pepper.

**Prep time: 20 mins**  
**Cook time: 15 mins**  
**Makes: 4**

# Creamy pumpkin carbonara with pancetta and crispy sage





