

Over Easy Eggs



Preparation time: 4 mins

Serves: 1 person

User Rating: ★★★★★

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Categories: Quick & Easy, Breakfast Recipes, Vegetarian

Over easy eggs: the breakfast of champions?

Or the fallback option for those who haven't [mastered the poached](#) or [scrambled eggs](#)?

We love our eggs and all the ways you can make them. With perfectly runny yolks and gently fried whites, over easy eggs are a plate of pure comfort and timeless deliciousness.

Learn all the steps to get perfectly fried over easy eggs below.



Ingredients

- 2 eggs
- 1 tbsp olive oil
- Salt and pepper, to taste

Method

1. Heat a non-stick frying pan over medium heat and add enough olive oil to lightly coat the bottom of the pan. Wait for the oil to heat up sufficiently because the egg whites will spread across the pan if added too early. Keep an eye on the temperature and if the oil starts to spit, turn the heat down to low.
2. Once the pan has heated, crack the eggs in and cook for three minutes. After three minutes, use a spatula to gently flip the egg over and cook for a further 30 seconds (yolk side down) before removing from the heat. Cook slightly longer if you prefer your eggs over medium or over hard.

3. Season to taste with salt and pepper and serve.

Notes

Fresh Eggs Are Best

Fresh eggs are best for frying (and poaching) as the protein structure of the egg white is stronger in fresher eggs. Stronger and thicker egg whites result in neatly shaped eggs in the pan.

On the other hand, older eggs are actually better for boiling as they peel more easily. And for scrambled eggs or omelettes, it makes no difference so these are good meal options to use up older eggs.

Olive Oil or Butter?

We recommend using olive oil for frying, but butter can be substituted for a richer flavour depending on the type of dish you're making.

- If frying an egg to put on top of an Asian-inspired noodle dish, we recommend oil as it will better complement the overall meal.
- If making a fried egg sandwich with avocado and cheese, butter will pair well here.

Perfect Fried Egg Pairings

Fried eggs are delicious on their own or;

- On wholemeal or grainy toast
- [On a burger](#)
- In a sandwich
- With baked beans
- On top of [noodles like Mi Goreng](#)

Get Creative With Fried Eggs

Want to get creative with your fried eggs? Try some of these flavour-enhancing ideas:

- For a bit of spice, add a dash of paprika
- Using a cookie cutter, make a hole in a slice of toast and fry the egg inside
- Season the eggs with sesame seeds and chilli flakes as they fry

Nutritional Information

Serving size	Energy	Protein	Total fat	Saturated fat	Carbs (total)	Carbs (sugar)	Sodium	Fibre
132g	1320kJ 315kcal	15.1g	28.6g	5.6g	0.4g	0.4g	333mg	0.1g

All nutrition values are per serve.

FAQs

What is the difference between eggs over easy and sunny side up?

Eggs fried sunny side up are only cooked on one side. Eggs over easy are cooked on both sides. The yolk is more clarified in sunny side up eggs, which look like a bright golden sun when finished cooking.

What is the difference between over hard and over easy?

For eggs over easy, the egg is only cooked briefly on the opposite side, creating a runny yolk consistency. Over medium eggs are cooked slightly longer and have more of a jammy texture. Over hard eggs are cooked the longest, creating hard egg white and yolk.

How do you flip an egg without breaking the yolk?

Not the best with a spatula? Try this easy hack:

1. Slide your eggs out of the pan and into any pan lid large enough to hold your eggs.
2. Now place the pan upside down on top of the lid.
3. Gently, flip the lid right side up and voila! No spatula required.

How do you crack an egg without getting any shell into the pan?

Crack your eggs into a small cup or ramekin first before dropping them into the pan. Or try any of these [foolproof egg-cracking methods](#).