



## *Garden Fresh Farm Recipes*

# Microwave Poached Egg

This quick and easy microwave poached egg recipe is perfect for busy mornings or when you're craving a protein-packed addition to your meal. With just water, an egg, and a microwave-safe mug, you can have a perfectly poached egg in about 3 minutes. The result is a tender egg white that cradles a warm, runny yolk, ideal for topping toast, salads, rice bowls, or avocado. Add a splash of vinegar to help the egg hold its shape, and you've got a no-fuss method that's both healthy and delicious.

### **Ingredients:**

1 fresh egg

½ cup water

A small splash of vinegar (optional – helps the egg hold its shape)

### **Directions:**

Use a microwave-safe mug or small bowl. Add water to the mug (about ½ cup) and a splash of vinegar if using. Heat the water in microwave for 2-3 minutes to get the water hot (this will eliminate the egg from exploding in the microwave).

Crack the egg into the hot water gently. Cover the mug with a microwave-safe plate or saucer. Microwave on high for 30–50 seconds, depending on your microwave's power and how firm you like the yolk. Start with 30 seconds for a runny yolk. Add 5–10 seconds for firmer results. If the white isn't set, microwave in 5-second bursts.

Remove with a slotted spoon, dab with a paper towel to remove excess water.

