

# How to Make Poached Eggs



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## How to make poached eggs

- 1) Boil some water in a pot
- 2) Cover the inside of pods with a brush with olive oil (optional)
- 3) Crack the eggs into the pods and add some black peppers
- 4) Turn the temperature of water down abit
- 5) Place the pods into the water



- 6) Cover the pot (highly recommended)



7) Wait about 5-8 MINS check your egg

8) If it's ready with a knife or hook take the pods out

9) Turn the pods upside down and coax the eggs out of the pods onto your plate

10) Enjoy



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