



How do you like to cook your eggs?

BEGINNER RECIPE ●○○

PREP: 1 MINUTE | **COOK:** 3-4 MINUTES | **MAKES:** 1 SERVING

TOOLS: NINJA™ FOODI™ NEVERSTICK™ FRY PAN, SPATULA

Always make sure to PREHEAT your pan for a few minutes before you start cooking to prevent sticking.

Your Ninja pan is made with thicker-gauge aluminum which may lead to longer preheat times than you're used to, but the result is a durable, forgiving pan that cooks consistently again and again.

For the recipe below, you don't need any oil or butter. If you'd still like to use some, put 1 tbsp of either one in the pan when preheating.

INGREDIENTS

1 large egg

Kosher salt and ground black pepper, as desired

DIRECTIONS

- 1 Place pan on burner and preheat on medium to medium-high heat for 2 to 3 minutes on a gas burner, or 4 to 5 minutes on an electric burner.
- 2 Crack egg in pan and let cook for at least 1 minute 30 seconds (up to 2 minutes), or until most of the white has set. Season egg with salt and/or pepper as desired.
- 3 Use a rubber or metal spatula to carefully flip egg over and cook for an additional minute to set the white. This will yield a runny yolk. Cook an extra 1 to 2 minutes for a firmer yolk.
- 4 Garnish with any herbs of your choice, like parsley or chives.