



## QUICK & EASY EGG-SQUISITE RECIPES!

We are super egg-cited to partner with Chef Mel (the Happy Chef), who has over 29 years of culinary experience, to create easy, inspiring, and delicious recipes for the Foodservice Sector.

Learn how to save time & money with our healthy, super versatile egg products.





# OMELETTE TACO

## INGREDIENTS:

- ✓ 120g Sunny Queen Cheese & Chives Omelette
- ✓ 60g streaky bacon, cooked
- ✓ 1 tbsp caramelised onion
- ✓ 1 tbsp cheese, grated
- ✓ 10 ml chipotle sauce
- ✓ 30 ml sour cream
- ✓ 1/4 sliced avocado
- ✓ 30 ml salsa/Pico de Gallo
- ✓ Freshly chopped coriander

## METHOD:

1. Cook the bacon until crispy.
2. Heat Cheese & Chive Omelette using instructions on website.
3. Mix the sour cream and chipotle sauce together.
4. Spoon the chipotle sauce, cheese, bacon, onion and avocado in the heated omelette.
5. Place in sandwich press and toast until golden brown. Serve with salsa, coriander, and chipotle sauce.



# CRUSTLESS QUICHE STACK

## INGREDIENTS:

- ✓ 120g Sunny Queen Bacon and Hashbrown Crustless Quiche
- ✓ 60g beetroot or sweet potato hummus
- ✓ 3 cherry tomatoes, sliced in half and grilled
- ✓ 3 slices eggplant, sliced
- ✓ 1 sweet potato, griddled
- ✓ Basil leaves for garnish

## METHOD:

1. Slice & roast the eggplant. Season and keep warm.
2. Make your sweet potato fries by using a peeler and then frying until golden and crunchy.
3. Heat the Crustless Quiche using instructions on website and then place in the middle of a clean plate.
4. Top with half of the hummus, then the sliced eggplant.
5. Top with the remaining hummus and then garnish with sweet potato fries, tomatoes, basil and then serve!



# FRITTERS WITH WHIPPED PERSIAN FETTA

## INGREDIENTS:

- ✓ 60g Sunny Queen Corn & Zucchini Fritters
- ✓ 30g Persian Fetta, whipped
- ✓ 15 ml water
- ✓ Pinch of black pepper
- ✓ 3 cherry tomatoes, sliced in half and grilled
- ✓ 3 zucchini ribbons, griddled
- ✓ 1 tablespoon caramelised onions
- ✓ Large pinch of basil
- ✓ 1/4 lemon wedge for garnish

## METHOD:

1. Whip the fetta and the water together to form a paste.
2. Heat the Fritters according to instructions on website.
3. Griddle the zucchini ribbons and the cherry tomatoes.
4. Place the whipped fetta as a large dollop in the middle of a plate. Use the back of a spoon to draw the dollop as a line through the plate.
5. Place the fritters onto the whipped fetta and top with the tomatoes and zucchini.
6. Garnish with the basil and lemon and serve with cracked black pepper and a pinch of flake salt.



# LEMON, PEPPER, CHICKEN FILLED OMELETTE

## INGREDIENTS:

- ✓ 120g Sunny Queen Tomato, Mozzarella & Basil Omelette
- ✓ 60g cooked shredded chicken
- ✓ 30 ml lemon pepper mayo
- ✓ Lemon zest
- ✓ 1 ts lemon juice
- ✓ Pinch of pepper
- ✓ 3 cherry tomatoes, sliced in half & grilled
- ✓ 3 zucchini ribbons, griddled and seasoned
- ✓ Chopped basil
- ✓ Rocket or salad leaves

## METHOD:

1. Prepare the chicken by dressing it with the mayo and a large pinch of black pepper, lemon zest and juice from one lemon.
2. Once ready to serve, heat the omelette (using instructions on the website) and fill it with the chicken, zucchini & tomatoes.
3. Garnish with the cherry tomatoes, salad leaves and basil.



"GOODNESS COMES IN MANY  
SHAPES AND SIZES"

Visit us at [www.sunnyqueenfoodservice.com.au](http://www.sunnyqueenfoodservice.com.au) or call 1300 834 703

Follow us on:



SUNNYQUEENFOODSERVICE