



# The Perfect Egg: Quick and Easy One Dish Meals

*Reenie Tan*

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# The Perfect Egg: Quick and Easy One Dish Meals

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## **The Perfect Egg: Quick and Easy One Dish Meals** Reenie Tan

Eggs are one of the world super-foods, inexpensive, protein-rich, versatile, and easily renewable. Every culture has its take on eggs for breakfast, lunch, and dinner. The Perfect Egg features Asian-influenced egg dishes, dazzling and delicious for the healthy body using four key methods.

- o Stir Fry
- o Steam
- o Scrambled
- o Boiled.

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