

# Simple Soft Boiled Eggs



Preparation time: 5 mins

User Rating: ★★★★★

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There's no better comfort food than soft boiled eggs with buttered toast soldiers.

The combination of firm egg whites and a creamy golden yolk is an upgrade to any meal (ramen, anyone?). But, how do you get a perfect soft boiled egg, every time?



A great soft boiled egg really comes down to timing. The cooking time for one or two soft boiled eggs in a saucepan is about 4 minutes. If you're cooking a few more, add an extra 30 seconds to your timer.

Making soft boiled eggs can sometimes feel trickier than a [fried](#) or [hard boiled egg](#) but this step-by-step recipe will teach you exactly what to do.



## Ingredients

- Eggs
- Tap water
- Bread for toasting
- Salt and pepper

## Method

1. Take a saucepan and half fill it with cold water from the tap. Gently lower the eggs into the saucepan one at a time.
2. Place the pan over medium heat. When the water reaches a simmer, start the timer so you can precisely time the cooking process. If you gently stir the eggs in a clockwise direction, the movement of the water will help centre the yolks.
3. Simmer the eggs for 4 minutes for runny yolks that have started to thicken.
4. Use a large spoon to remove the eggs from the water.
5. Cool the eggs by running them under cold tap water for 30-60 seconds or placing them in a bowl of iced water.

## Notes

- Don't boil the water too hard: a light simmer is all that you need.
- If cooking more than two eggs, make sure your eggs fit in the saucepan in a single layer.
- Don't just glance at the clock, set a timer to get consistent soft boiled eggs every time.
- Serve softly boiled eggs in an egg cup with buttery toast cut into soldiers. You can dip your toast soldiers right into the yolk or use a spoon to scoop out the delicious insides.

- To remove the top of the egg, set the egg upright in an egg cup and use the edge of a knife to gently tap around the top of the egg.
- Soft boiled eggs can be peeled like a hard boiled egg, but you need to do it very carefully. First, run the egg under cold tap water or submerge it in a bowl of cold water. Then gently crack the shell all over by tapping it on a hard surface and roll it around in your hands to help loosen the shell.
- Boiled eggs (still in their shell) can be refrigerated for up to a week.
- Store your hard boiled eggs in an air-tight container in the refrigerator. Eggshells are porous, and without a protective container it can absorb some of the smells and flavours of the fridge.

Hard or soft boiled? Find out [how to make the perfect boiled egg here](#).

## Nutritional Information

| Serving size | Energy          | Protein | Total fat | Saturated fat | Carbs (total) | Carbs (sugar) | Sodium | Vitamin D |
|--------------|-----------------|---------|-----------|---------------|---------------|---------------|--------|-----------|
| 55g          | 316kJ<br>76kcal | 6.8g    | 5.2g      | 1.4g          | 0.4g          | 0.2g          | 70mg   | 3.3µg     |

All nutrition values are per serve.