



THAI SON IN LAW EGGS

ALLERGIES:

No grains
No dairy
No gluten
No nuts
Low disaccharides (omit chilli)

Prep time: 15 mins

Cook time: 20 mins

Serves: 4



INGREDIENTS

- 8 eggs
- 2 tbs coconut oil
- 2 tbsp honey
- 1 tbsp fish sauce (or soy sauce)
- Juice of 1 small lime
- ½ red chilli, chopped finely (optional)
omit for low disaccharide
- 1/2 cup coriander, fresh, chopped

METHOD

- Place eggs into a pot and cover them with cold water.
- Bring to the boil, and cook the eggs for 6-7 minutes, timing from when the water boils.
- Drain and rinse under cold water, remove shells.
- In dry pan, heat oil and add eggs, turning often until golden and blistered and set aside, keeping warm.
- In pan with remaining oil, add honey, fish or soy sauce, lime juice and chilli, and bring to the boil.
- Boil rapidly for 2-3 minutes stirring, until the liquid becomes syrup like.
- Serve eggs on a plate, with the syrup over the top, and garnish with coriander leaves.