Authentic Chinese tea eggs

Preparation time

5 minutes

Cooking time

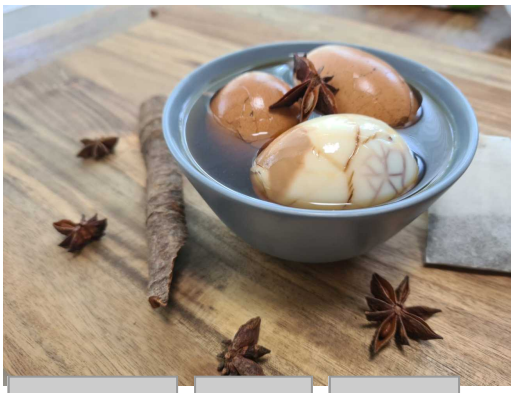
40 minutes

Serves

11

Recipe courtesy of

Tua Tao, Accredited Practising Dietitian (APD)



Ingredients Method Nutrition

10-12 eggs

1 cinnamon stick

3 cloves

4 star anise

1 tea bag (green tea or black tea)

3 tbsp soy sauce

1. Put the eggs in cold water (very important). Cook until water is boiling, and then cook for another 5 minutes.

2. Take the eggs out and cool them down. Crack them open evenly by hand, but still keep the shell on them.
3. Add water to cover the eggs in the pot (make sure there is not so much water, just to cover the eggs), then add star anise, cinnamon stick, soy sauce and the tea bag.
4. Simmer for 30 minutes on low-medium heat with lid on.
5. Ready to eat! Store the rest with the broth in the fridge.

These tea eggs can be enjoyed as part of a main meal or simply as a snack.

Nutritional information is provided per serve

Engery	256 kj (61 calories)
Protein	6g
Saturated Fat	1g
Total Fat	4g
Carbohydrates	1g
Sugars	0.3g
Dietary Fibre	0.4g
Sodium	274mg