**Egg Parcels**

**Ingredients**

**Yields: 1 Serving**

1 Eggs

1 Squares (2x2) of Pastry Dough, rolled thin

1 Slices of Ham, Chopped

2 Tablespoons Cheese, Shredded

2 Tablespoons Spinach, Chopped

1/2 tsp. Worcestershire Sauce

Pinch of Salt & Pepper

**Directions**

**Day One**

\_\_\_\_ Step 1. Over a large bowl, use cheese grater to shred cheese

\_\_\_\_ Step 2. Using a cutting board & sharp knife, chop ham into bite size sections

\_\_\_\_ Step 3. Using a cutting board & sharp knife, chop 2 Tablespoons of Spinach

\_\_\_\_ Cover all bowls of ingredients, separately, label with kitchen number and place in refrigerator.

**Directions**

**Day Two**

**Preheat oven to 375\*F**

\_\_\_\_ Step 1. Spray cupcake baking tins with non-stick spray

\_\_\_\_ Step 2. Grab 4x4 square of pastry dough

\_\_\_\_ Step 3. Place one square of pastry dough in one section of a cupcake tin, and skip a space & then add another

\_\_\_\_ Step 4. In a medium size bowl, combine 1 egg, 1/2 teaspoon of Worcestershire sauce, and salt & pepper. Whisk together until egg is light yellow and fluffy in texture.

\_\_\_\_ Step 5. In a medium bowl, combine eggs mixture, ham, cheese, & spinach. Stir with a spoon until all ingredients are evenly combined

\*For an easier way to pour the mixture, you could also use a large-size liquid measuring cup

\_\_\_\_ Step 6. Evenly pour mixture over each pastry dough. Fill each pastry about ¾ of the way full. DO NOT OVER FILL THE PASTRY DOUGH OR YOU WILL HAVE A BURNT MESS ON YOUR HANDS

\_\_\_\_ Step 7. Bake on 375\*F for 15-20 minutes or until eggs are fully cooked through

Directions for Egg Parcels

**Day One: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (Day of the Week)**

Step 1: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Estimated Time: \_\_\_\_\_\_\_\_\_\_\_\_\_

Step 2: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Estimated Time: \_\_\_\_\_\_\_\_\_\_\_\_\_

Step 3: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Estimated Time: \_\_\_\_\_\_\_\_\_\_\_\_\_

Step 4: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Estimated Time: \_\_\_\_\_\_\_\_\_\_\_\_\_

Cover: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Estimated Time: \_\_\_\_\_\_\_\_\_\_\_\_\_

**Day Two: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (Day of the Week)**

Step 1: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Estimated Time: \_\_\_\_\_\_\_\_\_\_\_\_\_

Step 2: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Estimated Time: \_\_\_\_\_\_\_\_\_\_\_\_\_

Step 3: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Estimated Time: \_\_\_\_\_\_\_\_\_\_\_\_\_

Step 4: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Estimated Time: \_\_\_\_\_\_\_\_\_\_\_\_\_

Step 5: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Estimated Time: \_\_\_\_\_\_\_\_\_\_\_\_\_

Step 6: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Estimated Time: \_\_\_\_\_\_\_\_\_\_\_\_\_

Serve: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Estimated Time: \_\_\_\_\_\_\_\_\_\_\_\_\_

Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

After reading over the recipe, complete the questions.

**Ingredients & Amounts of Each Ingredient Needed**

Ingredient Amounts Needed

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1. List all the measuring utensils/equipment you will need to complete this recipe.
   1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
   2. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
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   7. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
2. List all the ingredients for this recipe
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   7. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
3. List the directions for Day One of the eggs parcels.

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1. List the directions for Day Two of the egg parcels.

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1. What do you do with all the ingredients once they are measured & formed into the desired texture/cut?

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1. When do you combine all the ingredients together?

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1. Do you use the same cutting board to cut meat & vegetables? Explain why or why not?

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1. How full do you fill the pastry dough?

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1. How long will the egg parcels bake? What temperature?

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1. What all food groups does this recipe cover?

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