

Disney PIXAR
INCREDIBLES 2
THIS SUMMER

Incredibles 2 © 2018 Disney/Pixar

HOW DO
YOU LIKE YOUR
EGGS?

the incredible egg

HOW DO THE INCREDIBLES LIKE THEIR EGGS?

Worry not, citizens. The Incredibles are back, and now you can enjoy these super egg dishes inspired by their adventures.

You see, if you're going to thwart dastardly villains or dismantle evil robots, you first need to vanquish your hunger. So, we've created a series of incredible egg recipes based on your favorite family of supers to fuel a day of heroics.

And we're not just talking about breakfast. These recipes cover lunch, dinner and snack time, too. Because no matter what time of day it is, everyone deserves the chance to be incredible.

**SEE ALL THE INCREDIBLE EGG RECIPES
INSPIRED BY THE FILM AND FAMILY**
at IncredibleEgg.org



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ELASTIGIRL'S
**STRETCHY ZUCCHINI
NOODLES**

INGREDIENTS

1½ cups	whole wheat spaghetti	1/4 tsp.	each salt and pepper
2 Tbsp.	extra virgin olive oil	2 cups	cherry tomatoes, cut in half
2	medium garlic cloves, minced	2 cups	packed baby spinach
1/2 tsp.	red chili flakes	1 tsp.	lemon zest
4	medium zucchini, spiralized into noodles	1 Tbsp.	lemon juice
		4	large EGGS
		1/4 cup	thinly sliced basil leaves

TIP

If you really want to stretch the limits of this dish, use a spiralizer or spiral vegetable slicer to create a fun, bendy shape. If wet, blot the noodles with a paper towel before proceeding.

30
min

YIELDS 4 SERVINGS

Prep Time: 10 Minutes
Cook Time: 20 Minutes



DIRECTIONS

1 | **BRING** large pot of water to boil, **ADD** spaghetti and **COOK** per package directions.

2 | While pasta is cooking, **HEAT** olive oil in a large, deep nonstick skillet on medium-high heat. **ADD** garlic and chili flakes and **COOK** for 1 minute, stirring continually. **ADD** zucchini noodles, salt and pepper and **TOSS** gently, for 1 to 2 minutes or until zucchini has softened. **STIR** tomatoes, spinach, lemon zest and juice gently into zucchini mixture until well combined. **COOK** for another 1 to 2 minutes or until spinach is wilted and tomatoes are warmed through.

3 | When pasta is done, **DRAIN** and **ADD** to skillet mixture. **REMOVE** from heat.

4 | **BRING** 2 to 3 inches of water to boil in a large saucepan. **ADJUST** to **SIMMER**.

5 | **BREAK** eggs, 1 at a time, into a cup. **POUR** eggs into water.

6 | **COOK** eggs until whites are set and yolks begin to thicken but are not hard, 3 to 5 minutes. Do not stir. **LIFT** eggs from water with slotted spoon. **DRAIN** in spoon or on paper towels.

7 | **DIVIDE** zucchini and pasta mixture among 4 dinner plates or bowls, **TOP** each with 1 poached egg and **GARNISH** with basil. **SERVE** immediately.



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DELICIOUS IS NOW WITHIN REACH

When it comes to cooking, Elastigirl is no stiff. And although she's busy saving the world dozens of times over, she's always willing to spare a few minutes to whip up this delicious dish. How does she do it? Seriously, if you know, tell us.

MR. INCREDIBLE'S CLOBBERED EGG AVOCADO TOAST

HIT YOUR TASTE BUDS LIKE BAM! CRACK! KAPOW!

Everyone knows Mr. Incredible can pack a punch, but his famed Clobbered Eggs Avocado Toast really hits the spot. Even his mortal enemies agree this dish is a knockout.

INGREDIENTS

6	large EGGS, hard-boiled
2 Tbsp.	cilantro, minced
1/4 cup	celery, minced
2 tsp.	Dijon mustard
1 tsp.	Sriracha sauce
pinch	black pepper
1/4 cup	fat-free mayonnaise
4 slices	whole grain bread
1	tomato sliced into 8 slices
1/4	red onion, thinly sliced
1	avocado, cut into 12 slices

25
min

YIELDS 4 SERVINGS

Prep Time: 10 Minutes
Cook Time: 15 Minutes

DIRECTIONS

1 | PLACE eggs in a large saucepan. **ADD** cold water to **COVER** eggs by 1 inch. **HEAT** to boiling. **REMOVE** from heat and **COVER** for about 12 minutes. **DRAIN. PLACE** eggs in a bowl of ice water to **COOL**.

2 | Roughly **CHOP** eggs and **COMBINE** with cilantro, celery, Dijon mustard, Sriracha, pepper and mayonnaise and **MIX** well. **SET** aside.

3 | TOAST bread slices. **MOUND** egg mixture onto toast. **PLACE** sliced tomatoes, onion and avocado on top of egg mixture. **GARNISH** with cilantro. **SERVE** immediately.

TIP

Mash avocados, like you would criminals, and spread on toast before adding egg mixture.



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DASH'S RUNNY EGG YOLK SAUCE



INGREDIENTS

6 large EGG yolks
pinch of salt

30
min

YIELDS 1 CUP

Prep Time: 10 Minutes
Cook Time: 20 Minutes

DIRECTIONS

1 | **SEPARATE** egg yolks from whites, **REMOVING** all whites.

2 | **STRAIN** yolks through a sieve. **WHISK** until smooth. **ADD** salt.

3 | **POUR** yolk into a food-safe plastic resealable bag (available online or in specialty kitchen stores). **LAY** on counter to allow air to come to top of bag then **ZIP** close.

4 | **BRING** 2 quarts water to a simmer until temperature of water reaches 160°F. **PLACE** bag with

yolks in water and **WATCH** that the water **STAYS** at 160°F for 20 minutes.

5 | **REMOVE** bag from hot water and **PLACE** unopened in an ice water bath for at least 10 minutes. **POUR** into a squeeze bottle and **USE** immediately.

TIP

Foil boring lunches by using this speedy sauce as a condiment on sandwiches or salads.

SAVE YOUR FOOD FROM BLANDNESS, QUICK

If you're looking to improve any meal fast, try Dash's kid-friendly egg yolk sauce. He recommends using it on pizza, broccoli and annoying big sisters.*

*Do not use on or try to eat big sisters.



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VIOLET'S INVISIBLE EGG YOLK RAVIOLI



AS SOON AS IT'S SERVED, IT WILL DISAPPEAR

The egg may be hidden, but that doesn't stop Violet's patented ravioli recipe from standing out. Be sure to use your force field to protect your plate. You never know who might try to steal a bite.

INGREDIENTS

6 sheets fresh lasagna noodle
6 large EGGS, yolks and
whites separated
5 oz. fat-free ricotta
cheese, drained
1/4 cup basil, chopped
2 Tbsp. Pecorino cheese,
grated and divided
pinch salt
pinch pepper
1/4 cup olive oil
3 Roma tomatoes, diced

30
min

YIELDS 6 SERVINGS

Prep Time: 20 Minutes
Cook Time: 10 Minutes

TIP

Here's a not-so-hidden trick:
Fresh, ready-to-use lasagna
noodles work best.

DIRECTIONS

1 | Using a 4" biscuit cutter, **CUT** 12 pasta disks and **KEEP** moist under wet towel.
2 | **MIX** together ricotta cheese, 2 tablespoons of basil, 1 tablespoon of Pecorino.
3 | **PLACE** 6 pasta disks on a board. **FILL** a tablespoon with ricotta mixture and **PLACE** in middle of disks, leaving room around the edges to seal the ravioli. **MAKE** a deep "nest" in the middle of the mixture to hold the egg yolk.

4 | **GENTLY PLACE** an egg yolk into each ricotta nest. **BRUSH** egg white around the edges of the bottom pasta disk and **COVER** with another pasta disk. **USE** a fork to **CRIMP** the edges of the disk, making sure it is sealed. Be careful not to break the egg yolk.

5 | **FILL** a sauté pan with just enough water to cover the raviolis and bring to a simmer. **GENTLY PLACE** ravioli in the pan and **COOK** for about 1 minute. **REMOVE** carefully and **SET** on a plate.

6 | In a small sauce pan **HEAT** olive oil, tomatoes and remaining basil until hot. **DRIZZLE** olive oil mixture over ravioli, **SPRINKLE** with remaining Pecorino and **SERVE** immediately.





JACK-JACK'S MULTIPLIED DEVILED EGGS

INGREDIENTS

- 6 large EGGS
- 1/2 cup Greek yogurt, nonfat, plain
- 2 Tbsp. Dijon mustard
- 2 Tbsp. red onion, minced
- 1/2 cup green onion, cut into thin strips, for garnish

FOR A SPICY KICK

ADD 1 tablespoon of minced roasted green chilies and 2 tablespoons of Sriracha sauce in place of red onion and season with salt and pepper.

FOR A TASTE OF CURRY

ADD 2 teaspoons of curry powder in place of red onion.



YIELDS 6 SERVINGS

Prep Time: 10 Minutes
Cook Time: 12 Minutes

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DIRECTIONS

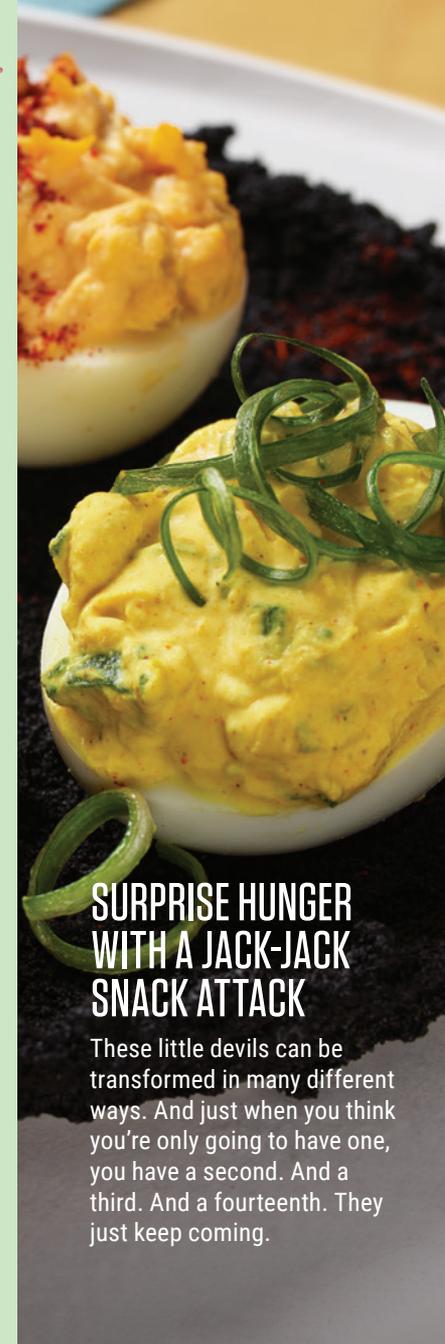
1 | PLACE eggs in a large saucepan. **ADD** cold water to **COVER** eggs by 1 inch. **HEAT** to boiling. **REMOVE** from heat and **COVER** for about 12 minutes. **DRAIN. PLACE** eggs in a bowl of ice water to **COOL**.

2 | PEEL eggs, **SLICE** lengthwise and **REMOVE** yolks, **RESERVING** yolks from 2 eggs and **DISCARDING** the others or preserving for another use.

3 | PLACE the 2 egg yolks, yogurt, mustard and red onion in a resealable plastic bag, **CLOSE** and **MASH** with hands. **SNIP** off corner of bag and **PIPE** mixture into the hollowed eggs. **REFRIGERATE. GARNISH** with green onion strips before serving.

TIP

For curly green onion strips, slice stalks into strips, place in ice water for 2 minutes and watch them transform before your eyes.



SURPRISE HUNGER WITH A JACK-JACK SNACK ATTACK

These little devils can be transformed in many different ways. And just when you think you're only going to have one, you have a second. And a third. And a fourteenth. They just keep coming.



EGGS, AND JUSTICE, ARE BEST SERVED COLD

When you're not stopping villains cold, we recommend chilling with this tasty treat. It's great for your morning commute, or right after you've stopped an evil tyrant from using a death ray on an entire city.

FROZONE'S FROZEN BLUEBERRY SMOOTHIE

5
min

YIELDS 1 SERVING

Prep Time: 5 Minutes

INGREDIENTS

1/2 banana, frozen
1 cup frozen blueberries
3/4 cup non-fat or 1% milk
3 Tbsp. EGG powder, unflavored

DIRECTIONS

1 | **PLACE** all ingredients into a blender. **BLEND** for approximately 30 seconds or until completely mixed. **SERVE** immediately.

TIP

For an extra dose of chill, be sure to freeze your fresh fruit before you use it.



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EDNA MODE'S AVANT GARDE CLOUD EGGS

INGREDIENTS

- 2 large EGG whites
- 2 large EGG yolks
- 2 slices whole wheat bread, toasted
- pinch salt
- 3 drops food coloring (optional)

DIRECTIONS

- 1 | PREHEAT** oven to 450°F. **LINE** large baking sheet with parchment paper.
- 2 | SEPARATE** egg whites and yolks. **PLACE** egg whites in large bowl and yolks in small bowl.
- 3 | SEASON** egg whites with salt. Using electric mixer, **BEAT** egg whites until stiff peaks form.
- 4 | SPOON** egg whites into 2 mounds on prepared baking sheet. **ADD** a small dent in center of mound with back of a spoon. **BAKE** for about 3 minutes or until slightly golden.

- 5 | PLACE** egg yolk gently in center of each egg white cloud. **SEASON** with salt. **BAKE** for about 3 minutes or until yolks are just set.
- 6 | SET** cloud eggs on top of toast. **SERVE** immediately.

TIP

Drip dark food coloring on egg yolks after baking and serve over thinly cut strips of cooked asparagus if you want a truly fashion-forward look.

20
min

YIELDS 2 SERVINGS

Prep Time: 10 Minutes
Cook Time: 10 Minutes



HER RECIPE IS ALWAYS IN

This dish has headlined the shows in Milan, Paris and Singapore. Anyone who has tried it has wet tears of joy. When asked about her inspiration, she simply replied, "My own genius, dahling."

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