



# Scrambled Egg

Prep Time: 5 Minutes

Cook Time: 8 Minutes

Serves 2

This simple recipe provides a yummy, filling and healthy alternative for breakfast. Best and the quickest way to serve is with a slice of wholemeal toast.

## Ingredients:

4 eggs

2-3 tbsp of semi-skimmed milk

1 tsp of oil

Salt and Pepper to taste



## Method:

1. Place a frying pan over a low heat and add the oil to the pan.
2. Crack the eggs into a bowl, add the milk and the salt and the pepper to taste. Whisk this mixture together with a fork.
3. Once all is combined pour the egg mixture into the pan and stir slowly whilst cooking.
4. The eggs will take while to start cooking due to the low heat, but as soon as they start to cook, they cook quickly. Keep stirring to ensure that the eggs cook evenly.
5. Remove from the heat once cooked to your taste and serve on prepared toast.

## Helpful Tips:

- For tender scrambled egg the low and slow cooking process provides this.
- Serve with either multi grain or whole meal bread for added fibre in the dish.

- Serve with a grilled or possibly tinned tomatoes for 1 of 5 a day and to increase the fullness of the dish.
- To increase the dish to serve more simply double.