



Happy Cooking, Healthy Living



Follow the link for more helpful information:

 <https://www.nhsggc.scot/your-health/public-health-nutrition/>

Scrambled Eggs on Toast

Ingredients (Serves 1)

- 2 eggs
- Splash of milk (approx. **50ml**)
- Optional – mixed herbs or other seasoning to taste
- 1 slice of wholemeal bread, toasted

Equipment Needed

- Microwaveable container
- Fork or whisk
- Spoon

Tip

Remember to wash your hands after touching raw eggs



Cook Time

2 minutes 30 seconds

Method

1. Crack eggs into a microwaveable container. Add a 'splash' of milk and beat with a fork until combined.
2. Optional: add seasoning.
3. Microwave on HIGH (800W) for 1 minute.
4. Remove. Stir and break up chunks of egg with a fork.
5. Microwave on HIGH (800W) for 30 sec.
6. Remove. Break up chunks of egg with a fork.
7. If eggs are too runny, repeat step 5.
8. Stand for 1 minute.
9. Serve with toast.



Allergy Information:

Recipe contains gluten, dairy and egg