



## Let's Get Cooking - Scrambled Eggs

Learn how to make perfect scrambled eggs with this easy recipe.  
A quick breakfast packed with protein.



### Ingredients

2 large free range eggs  
6 tbsp single cream or full milk  
a knob of butter

#### Nutrition: per serving (with milk)

kcal:	254
fat:	19g
saturates:	7g
carbs:	4g
sugars:	0g
fibre:	0g
protein:	18g
salt:	0.6g

### Method

#### STEP 1

Lightly whisk 2 large eggs, 6 tbsp single cream or full cream milk and a pinch of salt together until the mixture has just one consistency.

#### STEP 2

Heat a small non-stick frying pan for a minute or so, then add a knob of butter and let it melt. Don't allow the butter to brown or it will discolour the eggs.

#### STEP 3

Pour in the egg mixture and let it sit, without stirring, for 20 seconds. Stir with a wooden spoon, lifting and folding it over from the bottom of the pan.

#### STEP 4

Let it sit for another 10 seconds then stir and fold again.

#### STEP 5

Repeat until the eggs are softly set and slightly runny in places. Remove from the heat and leave for a moment to finish cooking.

#### STEP 6

Give a final stir and serve the velvety scramble without delay.

#### Optional toppings to help you with your five a day

Chopped tomatoes  
Chopped spring onions  
Chopped peppers  
Chopped spinach