

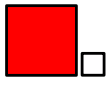


Scrambled eggs



Ingredients

2



2

large



eggs

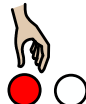


Freshly

ground



black pepper



(optional)

1 x

1

x

15ml

(tablespoon)

semi skimmed



milk

2



2

slices

wholemeal



bread



Butter

or

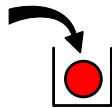


reduced fat



spread

1



1. Crack the eggs into the bowl and season with



black pepper.

2

+

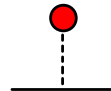


2. Add 1 tablespoon (15ml) of milk to the eggs and

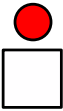


mix together with the fork.

3



3. Place the bowl in the microwave on high



30

(800W or above) for 30 seconds.

4



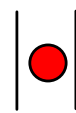
4. Stir the eggs using a clean fork.

5



5. If the eggs are firm then stop cooking. If not,

30



give them further 30 second bursts, stirring between each



cooking time until they are ready.

6



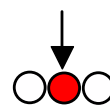
6. Stir with the fork at the end to break the eggs up.

7

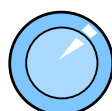


7. Put the bread in the toaster and toast.

8



8. Once toasted put the toast in the middle of



the plate and spread the butter or spread.

9



9. Spoon the scrambled eggs on top of the buttered toast.