

10 mins

Breakfast Recipe

Scrambled eggs on toast (Hob)

Allergens



EGGS



SOYA



MILK



WHEAT

Utensils



Knife & fork



whisk



mug



frying pan



toaster

You will need...



2 medium eggs



1 thick slice of wholemeal bread



olive oil



salt & pepper



reduced fat butter

- 1 Crack eggs into mug



- 2 Beat eggs with a fork



- 3 Pour 1 Teaspoon olive oil into a frying pan



- 4 Put frying pan on stove, medium heat



- 5 Once hot, pour eggs into pan



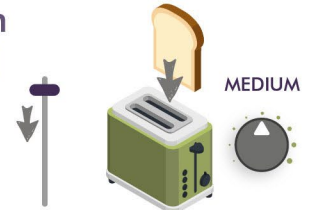
- 6 Whisk until cooked



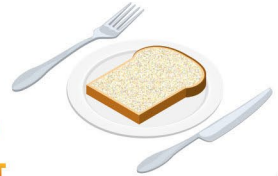
- 7 Take pan off hob and turn off



- 8 Put bread in toaster, pull down lever and wait



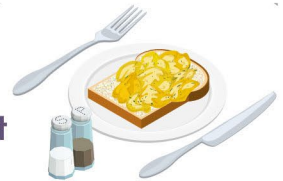
- 9 Take toast out and put on plate



- 10 Spread a thumb size amount butter onto toast



- 11 Put eggs onto toast and season with salt and pepper



- 12 Enjoy your breakfast

