

Scrambled Eggs



L Prep: 5 minutes

L Cook: 5 minutes

 Serves: 2

Recipe info

Ingredients

2 eggs
1 tbsp milk
1 tsp butter
Salt and pepper

Equipment

Measuring jug
Measuring spoons
Fork
Small saucepan
Mixing spoon
Plates

Description

A healthy and filling way to serve eggs for breakfast.

Method / What to do

1. Crack the eggs into the jug.
2. Gently beat the eggs with the milk and a pinch of salt and pepper, using a fork.
3. Put the butter into the pan over a medium heat. When the butter has melted, add the egg mixture and vigorously stir with the spoon.
4. Continue to stir the eggs for 1 – 2 minutes, scraping the egg off the base of the pan as it sets.
5. When most of the egg has set, remove the pan from the heat and continue to stir for 30 seconds until fully scrambled.
6. Serve with toast, grilled tomatoes and/or mushrooms.

Teaching points

- ⦿ Make scrambled eggs fluffier by adding a little water before cooking.
- ⦿ Eggs should be stored in the refrigerator, as their freshness quickly deteriorates in warmer temperatures.
- ⦿ Remove eggs from the fridge 20 – 30 minutes before use for best results.
- ⦿ Buy eggs which have the Lion Quality mark on the eggshell and egg box, as this means that the eggs have been produced to the highest standards of food safety.

