

# Simple. Recipes

## Serves **1** Scrambled eggs

### Ingredients

2 eggs  
2-4 Tbsp. milk (optional)

Eggs are an excellent source of protein, there is no recommended limit on how many eggs you should eat a week, but variety is important to a balanced diet, so try poached, boiled, omelette to make sure you mix up your meals.

**TIP:** You can just multiply the recipe by the number of people you want to feed for a quick family recipe.

### Method

- 1 Crack the eggs into a heavy bottomed pan whisk, add the milk if wanted.  
Place on a low heat and stir to keep breaking up the eggs as they cook.
- 2 Keep going with this until the eggs, folding the eggs gently until they are just set, don't rush it or you will get a dry oversight egg.  
It will only take a few minutes. Season with black pepper to taste.
- 3 Serve on wholemeal toast. You can fold through spinach at the end or add tomatoes, mushrooms or peppers to boost your 5 a day.

**TIP:** If you like something spicy then you could add some chilli flakes and fresh chopped coriander with diced tomatoes to make Mexican eggs.

Or if you're in a rush then a few drops of tabasco or chilli sauce will do the trick!