



SCRAMBLED EGGS ON TOAST WITH MUSHROOMS

WHAT YOU NEED

- 2 free-range eggs
- butter
- milk
- salt and pepper
- a slice of wholemeal bread
- 4 - 6 chestnut mushrooms



HOW TO MAKE IT

You will need two frying pans, or a frying pan and a small saucepan, and a bowl.

Eggs - Break the eggs into the bowl and mix with a fork. Put a small frying pan, or saucepan, on a low heat and add a knob of butter. When it melts, add the eggs, 2 tablespoons of milk and salt and pepper.

Mushrooms - Wash and slice the mushrooms. Melt a second knob of butter in the other frying pan, add the mushrooms and fry until browned. The heat should be higher for the mushrooms.

Stir the eggs gently while they are cooking and occasionally turn the mushrooms. At the same time toast and butter the bread. Tip the eggs onto the toast and add the mushrooms on the side.

TIP 😊

Scrambled eggs taste better if they are cooked very slowly.

Using wholemeal bread is better for your health, but you can use white bread if you like.

Serve with our healthy beans in tomato sauce for a delicious brunch. You can add grilled tomatoes instead of mushrooms, or have both!

