

Simple scrambled eggs

Serves: 2

Prep time: 2 mins

Cook time: 5 mins



Ingredients

4 eggs

2 tbsp milk*

1 tsp olive oil

*Dairy free if using non-dairy milk

Methods

Step 1: Whisk together eggs and milk in a bowl.

Step 2: Heat olive oil in a small, non-stick frying pan over medium heat.

Step 3: Add egg mixture and cook, pushing the egg across the pan using a rubber spatula or wooden spoon. Cook until no liquid remains but egg is still slightly undercooked.

Step 4: Remove pan from heat and stir a few more times to allow the egg to finish cooking before serving.

Serving suggestion: serve with wholegrain toast.

Food safety tip: eggs should be cooked until heated all the way through with no runny parts.

For this recipe and more visit:
[**healthymadetasty.com.au**](http://healthymadetasty.com.au)



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