



Scrambled eggs on toast: Microwave



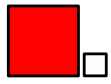


Ingredients



1

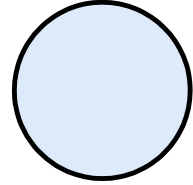
2



large



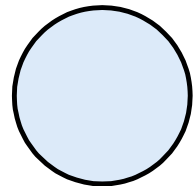
eggs



2



Black pepper



3

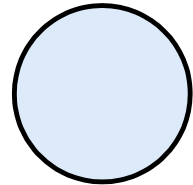
1



tablespoon



semi-skimmed milk



4

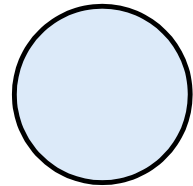


Butter

or



reduced fat spread



5

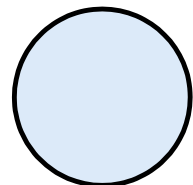
2



slices



wholemeal bread





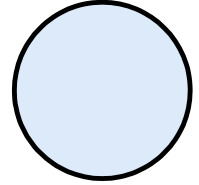
Equipment



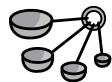
1



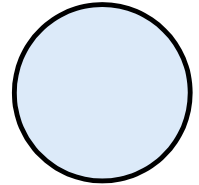
Microwavable bowl



2



Measuring spoons

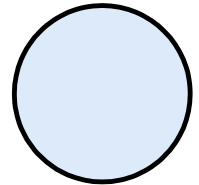


3



2

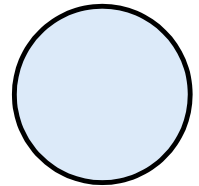
forks



4



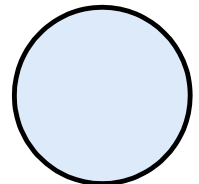
Toaster



5



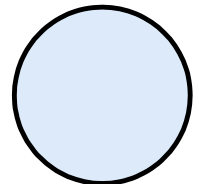
Plate



6



Butter knife





Method



1



Crack the eggs into the bowl and season with



black pepper.

2



1

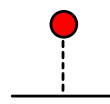
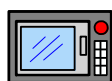


Add 1 tablespoon of milk to the eggs and



mix with the fork.

3



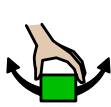
Place the bowl in the microwave on high

30



for 30 seconds.

4



Stir the eggs using a clean fork.



Method



5

If the eggs are firm then stop cooking.

6

If the eggs are not firm, cook the eggs for another 30 seconds, stirring between cooking.

7

Stir with the fork to mix.

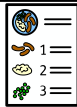
8

Put the bread in the toaster and toast.

9

Once toasted put the toast in the centre

of the plate and spread with butter or spread.



Method



10



Spoon



the scrambled eggs



on top of

the



buttered



toast.

11



Season with



a

little



black pepper.