



Scrumptious Scrambled Egg



Preparation time: 5 minutes

Cooking time: 5-10 minutes

Ingredients

2 x Goldenlay Omega 3 eggs

5ml/1tsp sunflower or olive oil, to grease

1 English muffin

1 tomato

A few chives

Salt and ground black pepper

Method

1. Break the eggs into a bowl. Add a little salt and pepper and beat well with a fork.
Heat the oil in a small saucepan until it runs around the pan.
2. Pour in the eggs. Let them cook for a few seconds until the base begins to set, then stir gently with a wooden spoon to cook the rest until just set. Add the chopped tomato and stir for a little longer.
Add salt and pepper to taste, if desired.
3. Spread the low fat spread on the muffin and fill with the scrambled egg mixture.
4. Sprinkle with chopped chives and serve.

Perfect any time of the day!