

Scrambled egg: 3 ways

prep time 5 min	cook time 5 min	serves 1	category E; D; V; G free option
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Option 1: Cheesy Scrambled Egg Croissants

things you need

2 large eggs 25g cheddar cheese , grated 1 tsp oil small bunch chives , chopped (approx. 1-2 tbsp) (optional)	Splash of milk 1 croissant salt/pepper , to taste
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here's how

- 1 In a bowl, whisk the eggs, cheddar, milk and some seasoning. Pour into a saucepan and heat gently, stirring continuously, until softly scrambled, then stir in chives.
- 2 Cut the croissant open, lengthwise. You can warm it first, if you wish, in the oven at low temperature
- 3 Put the scrambled eggs inside.



Option 2: Scrambled Egg Toast Topper

things you need

2 eggs 1 tbsp crème fraîche 25g cheddar cheese , grated 1 tsp oil small bunch chives , chopped (approx. 1-2 tbsp) (optional)	1 spring onion (also called scallion/green onion) 3-4 cherry tomatoes , halved 2 slices crusty bread , toasted salt/pepper , to taste
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here's how

- 1 Beat together eggs, crème fraîche, cheese and chives with a little salt/pepper (to suit your taste).
- 2 Heat oil in a pan, at medium heat, then soften spring onion for a few minutes
- 3 Add tomatoes and warm through, then pour in egg mixture.
- 4 Cook over a low heat, stirring, until eggs are just set. Pile over toast.

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Option 3: Basil Scramble with Wilted Spinach & Seared Tomatoes

things you need

2 large eggs 2 tbsp natural yogurt 25g cheddar cheese , grated ½ tbsp oil , plus 1 tsp ¼ small pack fresh basil , chopped	1 tbsp water 1-2 tomatoes , halved 100g baby (fresh) spinach , dried well salt/pepper , to taste
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here's how

- 1 Heat 1 tsp oil in a large non-stick frying pan, add the tomatoes and cook until softened, cut-side down, over a medium heat. While they are cooking, beat the eggs in a bowl with the yogurt, water, salt/pepper and the basil.
- 2 Transfer the tomatoes to serving plate. Add the spinach to the pan and wilt (warm through until slightly softened), transfer to serving plate.
- 3 Heat the rest of the oil the frying pan over a medium heat, pour in the egg mixture and stir every now and then until scrambled and just set. Spoon the scrambled eggs on top of the spinach.

helpful notes

- Options 1 & 2: For gluten free option, use gluten-free bread or serve without bread/croissant
- Options 1, 2 & 3: For dairy-free option, use your favourite vegan (dairy-free) cheese alternative