



**Scrambled eggs on toast: Hob**





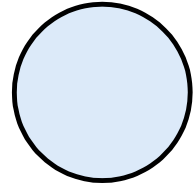
## Ingredients



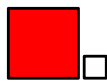
1



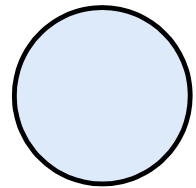
Butter or reduced fat spread



2



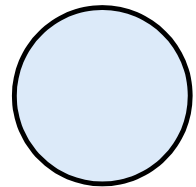
large eggs



3



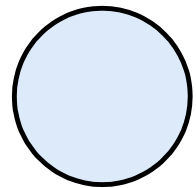
Black pepper



4



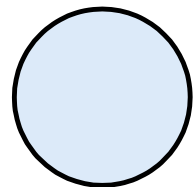
tablespoon semi-skimmed milk



5



slices wholemeal bread





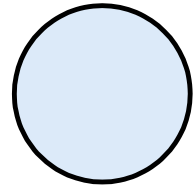
## Equipment



1



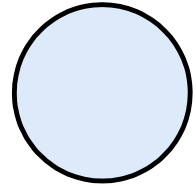
Bowl



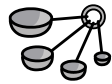
2



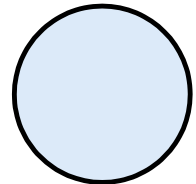
Fork



3



Measuring spoons



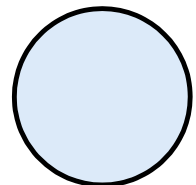
4



Small



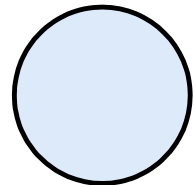
non-stick frying pan



5



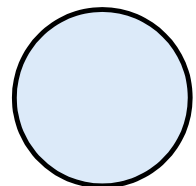
Wooden spoon



6



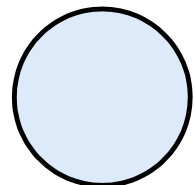
Toaster



7



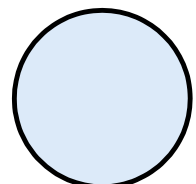
Plate



8



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



Melt the butter or spread in the frying pan over a



low heat.

4



Once the butter or spread is melted, add



the egg mixture to the frying pan.



# Method



5



Stirring



constantly



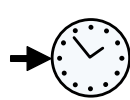
with the wooden spoon,



cook



slowly



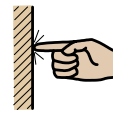
until

the



eggs

are



firm.

6



Put



the bread



in the toaster

and



toast.

7



Once



toasted

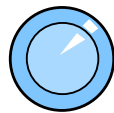
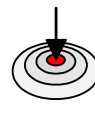


put



the toast

in the centre



of the plate

and



spread

with



butter

or



spread.

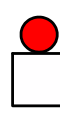
8



Spoon



the scrambled eggs



on top of

the



buttered

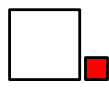


toast.

9



Season with



a little



black pepper.