



The Egg Guy's Microwave Scrambled Eggs

Serves: 1

Ingredients

2 Eggs

2 Tablespoons of Trim milk

Pinch salt

Pinch freshly ground black pepper

Method

A quick and easy way to cook scrambled eggs and you don't even need a stove. Perfect for a weekday breakfast or a fast snack, and a great way to get kids into cooking.

Beat 2 eggs with 2 tablespoons low-fat milk in a microwave-safe coffee cup or bowl. Beat well so yolks and white are well mixed. Cover with plastic wrap (NB leave a small gap as a steam vent).

Microwave on MEDIUM-HIGH for 45 seconds, stir and cook for another 45 – 75 seconds, stirring several times during cooking. (Note: Cooking time will vary dependent on your microwave wattage).

Cover and let stand for 30 seconds to 1 minute before serving. The eggs will look slightly moist, but will finish cooking upon standing. While eggs are cooking, toast your toast.

Serve immediately. Enjoy.

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