

Easy Scrambled Eggs

Preparation time:	5 mins
Serves:	2 people
User Rating:	★★★★☆

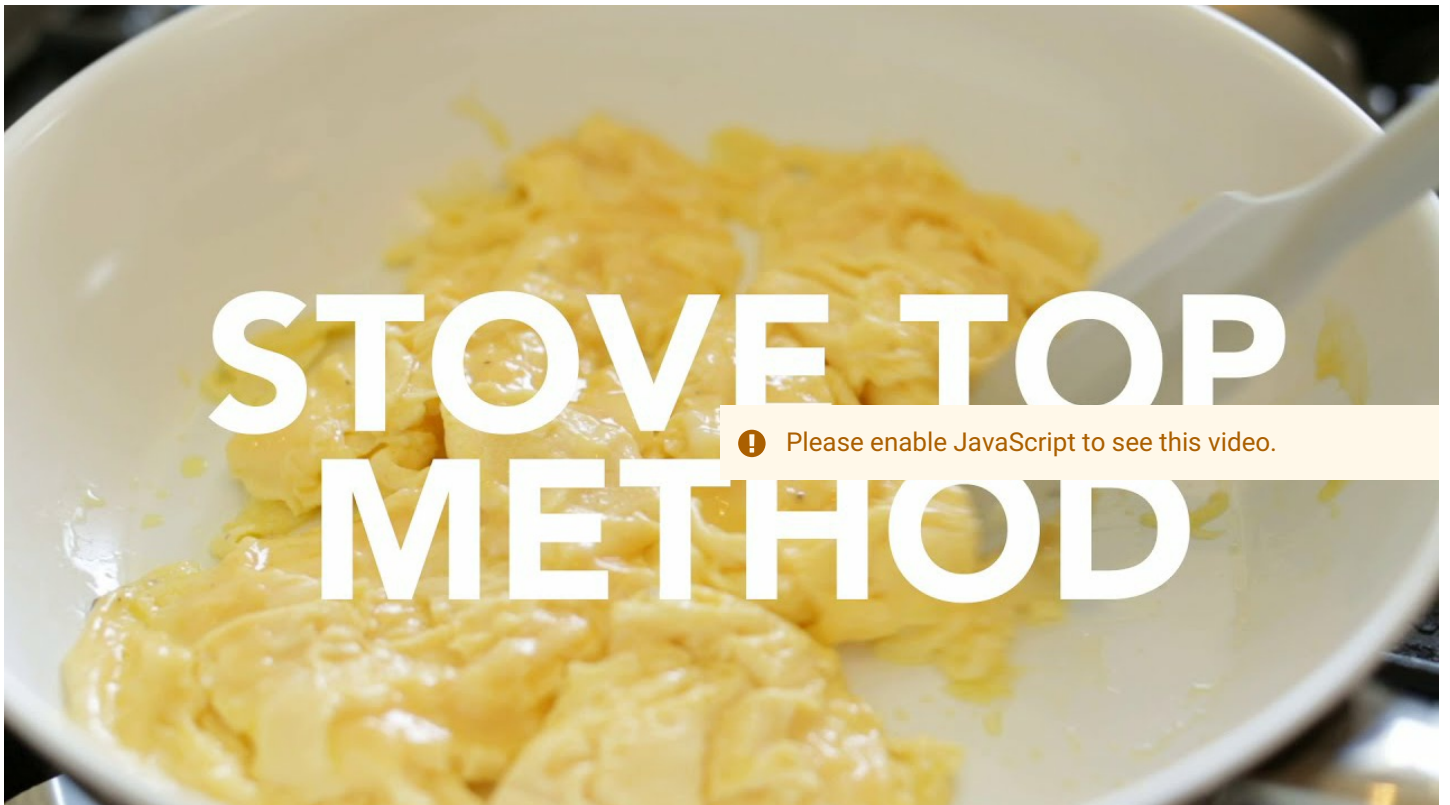
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How To Make Scrambled Eggs

Scrambled eggs are one of the fastest, easiest and tastiest dishes to make. Getting them creamy and fluffy used to be something only cafes could do, but if you follow this step-by-step guide you will get perfect scrambled eggs, every time.

The best way to do scrambled eggs is in a frying pan on a low heat on the stove top. If the pan is too hot the eggs will cook too quickly and rather than be lovely and light, they will develop a rubbery texture. The key is to gently pull the eggs from the edges of the pan into the centre with a spatula to create lovely, light 'ribbons' of egg.

Scrambled eggs in the microwave also works well and is a great option when you're in a hurry.



Ingredients

- 4 eggs
- 2 tablespoons (30ml) of milk
- 1 tablespoon of butter

- Salt and pepper

Method

1. Crack four eggs into a bowl add 30ml (2 tbsp) of milk and a pinch of salt and black pepper.
2. Beat the mixture lightly with a whisk or fork.
3. Melt 1 tbsp of butter in a medium size fry pan on a low heat and when it starts foaming, pour in the eggs and leave to set for 60-90 seconds.
4. Using a spatula, gently pull the eggs from the edges of the pan into the centre. Turn and tilt the pan so the runny eggs take up the available space and again gently pull it towards the centre. This gentle pulling towards the centre of the pan makes lovely, light ribbons of egg.
5. Remove the pan from the heat before the egg is completely set. Leave to sit for a minute or two so the egg can gently finish cooking in its own heat.

Perfect Microwave Scrambled Eggs

Making perfect scrambled eggs is also possible in the microwave. This recipe is for one person.

1. Crack two eggs into a microwave safe bowl or jug, add 15ml (1 tbsp) of milk and a pinch of salt and black pepper.
2. Beat the mixture lightly with a whisk or fork.
3. Microwave on high for 30 seconds, remove, and stir with a fork to break up the curd
4. Microwave on high for another 30 seconds, remove, and stir to break up the curd
5. Microwave on high for a final 20 seconds, run the fork around the edge of the bowl and remove to serve.

Perfect Creamy Scrambled Eggs

This version substitutes cream for milk and is great if you want really creamy scrambled eggs.

This is the same as the frying pan method above, just replace the milk with 1/4 cup of cream and add 1/2 cup of finely grated parmesan and 1 tbsp of chopped fresh chives to the mixture before beating.

Notes

- Finely grated parmesan cheese and chopped fresh chives can be added to all three methods of making scrambled eggs.
- If you like softer scrambled eggs, use a little bit more milk than the recommended 30ml.

Nutritional Information

Serving size	Energy	Protein	Total fat	Saturated fat	Carbs (total)	Carbs (sugar)	Sodium
134g	955kJ 228kcal	15.3g	18.2g	8.1g	1.3g	1.3g	257mg
Fibre	Vitamin D						
0.1g	6.9µg						

All nutrition values are per serve.