

Easy Pesto Scrambled Eggs



Preparation time: 10 mins

Serves: 4 people

User Rating: ★★★★★

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Ingredients

- 4 large eggs
- 4 tablespoons reduced fat cream
- 1 cup flat leaf parsley
- 1 tablespoon avocado
- 1/2 fresh red chilli
- A squeeze of fresh lemon juice
- 10 walnuts, optional
- Pepper to taste
- Oil spray

Method

Lightly whisk the eggs, cream and a pinch of pepper together until all the ingredients are just combined and the mixture is consistent.

Meanwhile, blend the parsley, avocado, chilli, lemon juice and walnuts until a chunky paste is created.

Heat a small non-stick frying pan over a high heat, spray with oil. Pour in the egg mixture, letting it settle without stirring for 20 seconds.

Stir with a wooden spoon, lifting and folding the eggs from the bottom of the pan. Leave the mixture to sit for another 10 seconds before folding again.

Repeat until the eggs are softly set and slightly runny in places, then remove from the heat and leave for a few seconds as the residual heat from the pan will finish the cooking.

Give a final stir and serve the velvety scramble without delay, topping with the parsley pesto.

Notes

Top with a tomato salsa instead of pesto for a fresh twist on this dish

Substitute reduced fat cream with natural yoghurt to lower the fat content

Nutritional Information

Serving size	Energy	Protein	Total fat	Saturated fat	Carbs (total)	Carbs (sugar)	Sodium	Fibre
95g	624kJ 149kcal	8.6g	12.4g	4.7g	0.4g	0.4g	151mg	1.4g

All nutrition values are per serve.