



Scrambled eggs on toast: Hob





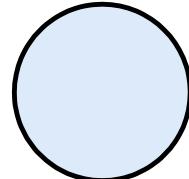
Ingredients



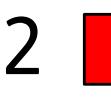
1



Butter or reduced fat spread



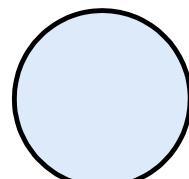
2



large



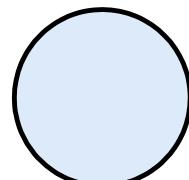
eggs



3



Black pepper



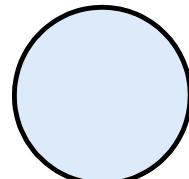
4



tablespoon



semi-skimmed milk



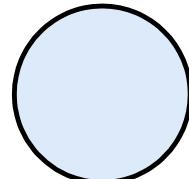
5



slices



wholemeal bread





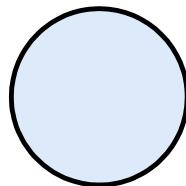
Equipment



1



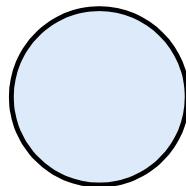
Bowl



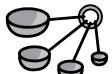
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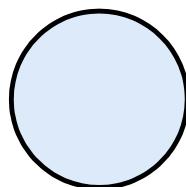
Fork



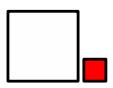
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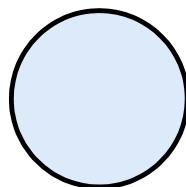
Measuring spoons



4



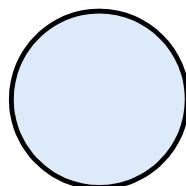
Small non-stick frying pan



5



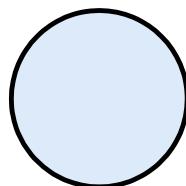
Wooden spoon



6



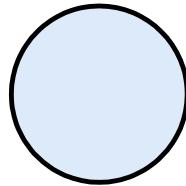
Toaster



7



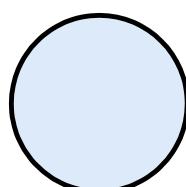
Plate



8



Butter knife





Method



1



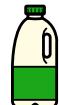
Crack the eggs into the bowl and season with black pepper.



2



1



Add 1 tablespoon of milk to the eggs and mix with the fork.



3



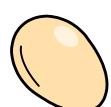
Melt the butter or spread in the frying pan over a low heat.



4



Once the butter or spread is melted, add the egg mixture to the frying pan.

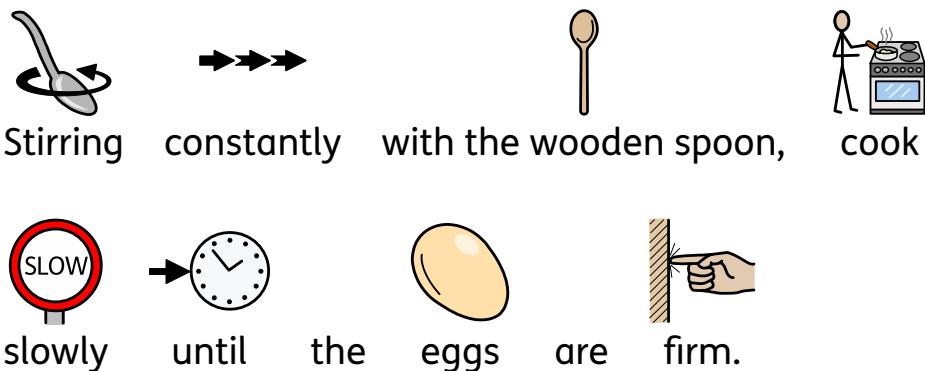




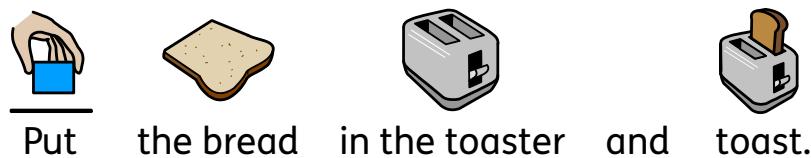
Method



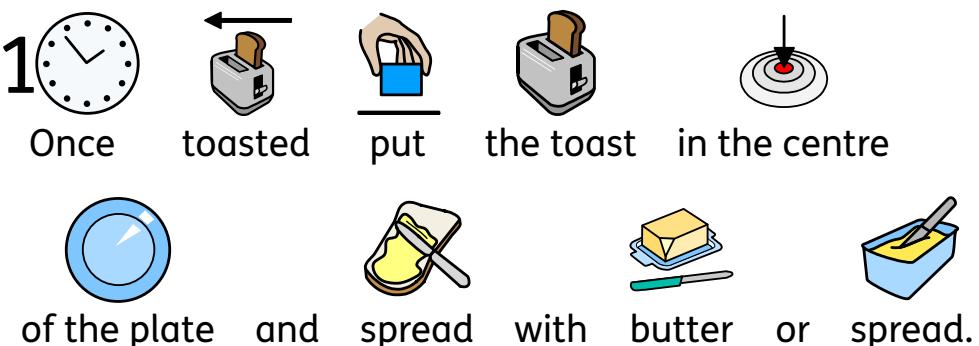
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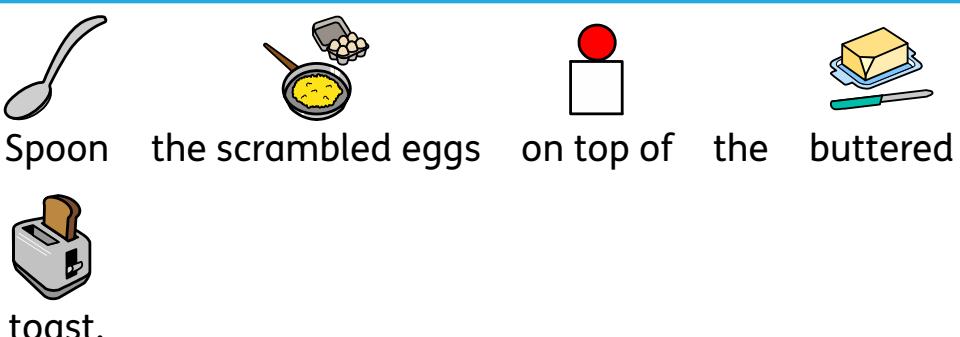
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7



8



9

