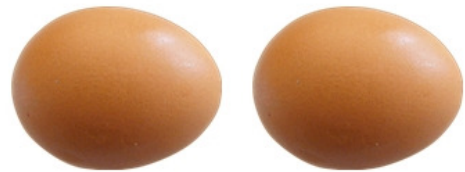


Scrambled egg on toast – Feeds 1



Ingredients



2 large eggs



1 tablespoon of milk

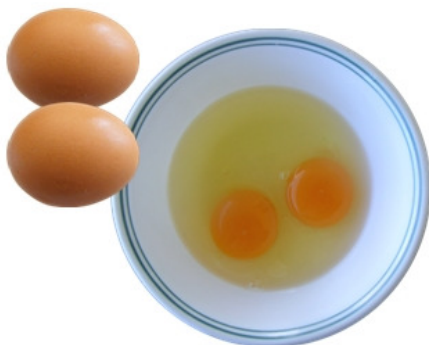


1 slice wholemeal bread



1 teaspoon margarine

Equipment



1 Crack 2 large eggs into a



2 Add 1 tablespoon of milk



3 Whisk egg mixture



4 Toast bread but don't butter the toast



5 Heat pan and add margarine



6 Pour egg mixture into pan

7 Heat pan until the egg mixture starts to thicken

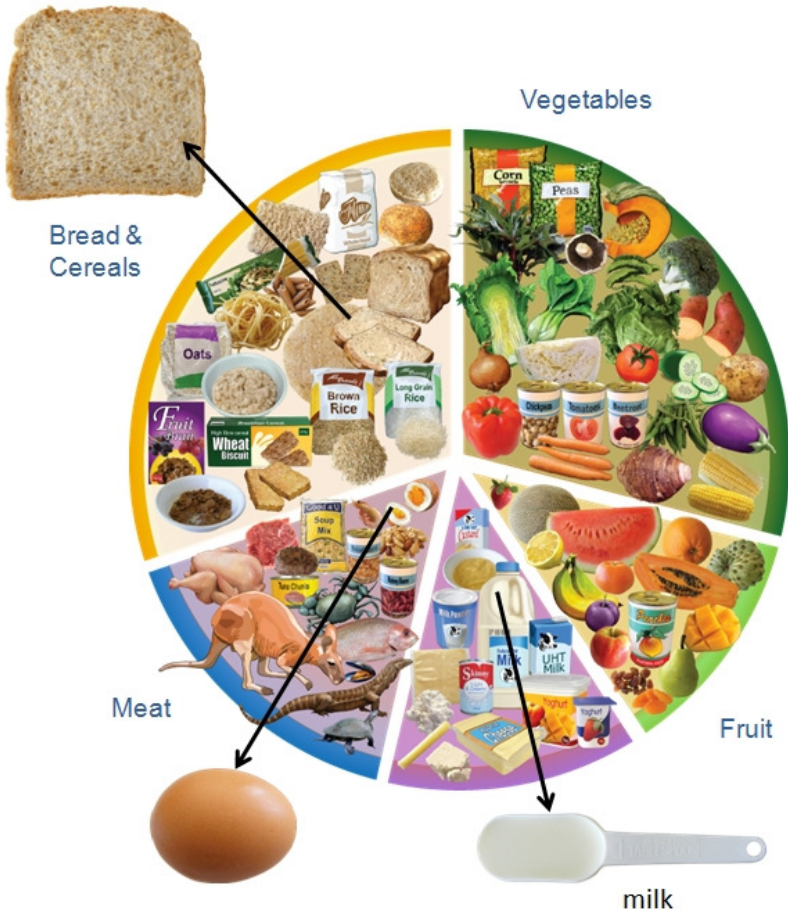
8 Scramble the egg with a wooden spoon or spatula



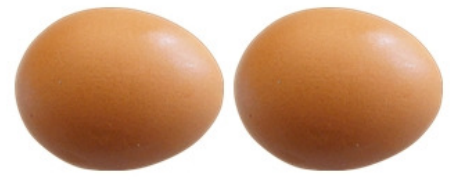
9 You can see when the egg is cooked

10 Serve on toast

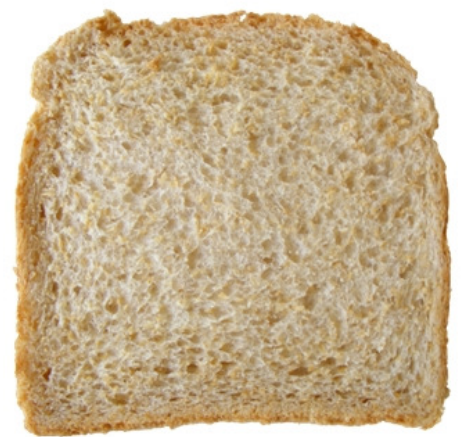
Food groups



Serves in scrambled egg on toast



1 serve of eggs



1 serve of bread

There is no need to print the following page when printing and using this resource

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Purpose of resource:

To support the delivery of practical cooking and nutrition education sessions

Key skills:

This resource could be used to support development of the following skills:

- Independently follow a recipe.

Target group:

This resource is designed to be used by Australians of all ages.

Notes:

This resource is designed to be printed A3 size and then laminated.

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