

Scrambled Micro-eggs



Equipment:

- Bowl or mug
- Fork
- Microwave

Ingredients for 1 portion:

- 1 tsp butter or oil for the dish
- 2 eggs per person
- 1 tbsp milk (optional) or water per person
- Seasoning of your choice

- ✓ **Gluten-free**
- ✓ **Dairy-free**
- ✓ **Vegetarian**
- ✓ **Halal**

Steps:

1. Coat the cup or bowl with oil or butter so the eggs don't stick.
2. Crack in the eggs and mix with the fork to combine.
3. Add the milk or water and whisk lightly with the fork. Season according to taste.
4. Microwave on high for 1 minute and then stir the eggs with the fork. If the egg is solid all the way through then stop cooking.
5. If not, heat for another 30 seconds then stir, repeat this until they are ready.