

Scrambled Eggs with Cheese

Prep Time: 2 minutes

Cook Time: 3 minutes

Total Time: 5 minutes



Ingredients

- 2 eggs
- ½ cup semi-hard cheese like cheddar or Monterey Jack
- 1 tbsp butter or olive oil
- Salt and pepper to taste
- Whole grain toast for serving

Directions

1. Put a frying pan onto a medium heat and put in the butter or oil.
2. Break the eggs into a bowl and beat quickly with a fork.
3. Add some salt and pepper to the egg mix.
4. Grate the cheese and have it ready.
5. Tip the beaten eggs into the frying pan.
6. Layer the cheese on top.

When the egg has no 'watery' bits left, you're done! Quickly remove from heat and transfer to plate - preferably on top of some lovely, hot, unbuttered toast.