We are Ready......

**Scrambled Egg on Toast with Mushrooms and Tomato**

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**Suggested portion**

**Size for recipe**

1–2 years – 110g

3–4 years – 150g

**Ingredients – Serves 5**

**Fresh tomatoes** 100g

**Mushrooms, peeled** 100g

**Egg** 250g (5 eggs)

**Whole milk** 40ml

**Soft margarine (for eggs)** 25g

**Wholemeal bread** 150g (5 slices)

**Margarine (for bread)** 20g

**Method**

1. Wash and slice the tomatoes and mushrooms.

2. In separate pans add the mushrooms and tomatoes with a little margarine and cook

for 10 minutes.

3. Beat the eggs and milk in a bowl. Melt the margarine in a large pan, add the eggs and stir

continuously over a low heat until the egg is set through.

4. Toast the bread, and spread with the margarine. Serve the toast with the scrambled egg, tomatoes and mushrooms.