

# We are ready.....

## Scrambled Egg on Toast with Mushrooms and Tomato



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.