

Scrambled Eggs and Toast



Serves: 1 Person

Ingredients

- 2 eggs
- 1 tsp of butter or cooking spray
- Salt and pepper to taste
- 1-2 slices of bread

Equipment Needed

- Small bowl
- Fork or a whisk
- Small pan or skillet
- Microwave safe bowl
- Large spoon or rubber spatula
- Toaster

Time

Preparation: 5 minutes

Cooking: 3 – 5 minutes

Total time: 10 minutes

Instructions

You will be toasting the bread while you are cooking the eggs, so they are done at the same time.

Before you start cooking, gather all of your ingredients.

Toast

1. Place the bread inside the toaster or toaster oven.
2. Check the setting and turn it to your preferred level.
Lighter will be less toasted, darker will be very toasted.
3. Turn on the toaster.
4. Take the toast out once it pops up or the toaster oven beeps/turns off.

Scrambled Eggs and Toast

Scrambled Eggs

1. Crack the eggs into the small bowl and throw away the shells.
2. Beat the eggs with the whisk or the fork until they are combined.
3. Heat the pan or skillet over medium-high heat.
4. Put 1 tsp of butter into the pan and use the spoon or spatula to move the butter around in the pan. The butter should cover the bottom of the pan.

You can also use a cooking spray, and make sure the spray covers the bottom of the pan.

5. Once the pan is heated and the butter is melted, turn the burner to medium-low.
6. Add the eggs to the pan.
7. Let the eggs cook for 1 minute.
8. Then, stir the eggs continually for another 3-4 minutes, until cooked through.
9. Turn off the burner and serve the eggs.

To Serve:

1. Put the toast on a plate.
2. Add butter to the toast if desired.
3. Pour the eggs from the pan onto the plate. You can have the eggs on the side or on top of the toast based on your preference.

Leftovers:

1. Eggs do not keep well as leftovers once cooked. Instead, prepare the amount needed to feed just one person.