



## Veggie Scrambled Eggs



### INGREDIENTS

- Half a pepper (red or yellow)
- 4-5 mushrooms
- 2 eggs
- 1 teaspoon olive oil
- Salt and pepper

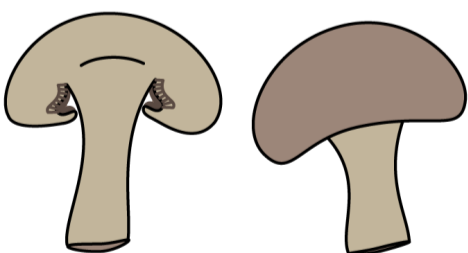


First **wash your hands** with soap and water



**Wash a pepper** in clean water

Slice half the pepper into **thin strips**



Wash 4-5 **mushrooms** in clean water

Chop or **slice** the mushrooms

Tip: You can use any mushrooms, such as chestnut mushrooms or closed cup mushrooms

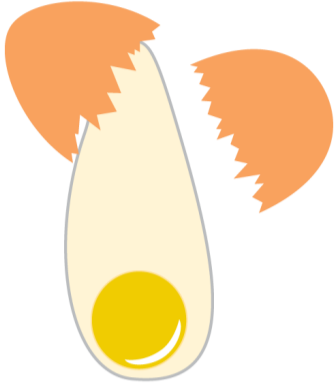


Heat 1 teaspoon of **olive oil** in a frying pan



Add the **mushrooms and pepper** to the **frying pan**

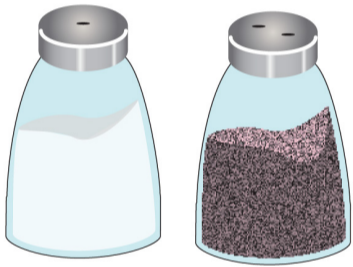
Cook until soft



Crack **2 eggs** into the frying pan

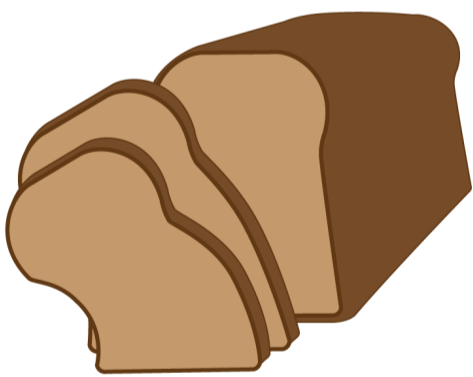
Use a whisk or a fork to break the yolk

Stir the eggs into the peppers and mushrooms



Add a little **salt and pepper** to taste

Keep **stirring the eggs** until they are fully cooked



Enjoy on its own, on top of toast for **breakfast** or with a salad for **lunch!**

You can also make this with other veggies like tomatoes, onions, spinach or asparagus

If you are worried about your diet and would like more help contact your GP.

Health Facilitation Team. Telephone: **0113 8555049**. Email: [getcheckedoutleeds@nhs.net](mailto:getcheckedoutleeds@nhs.net)