



Veggie Scrambled Eggs



INGREDIENTS

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

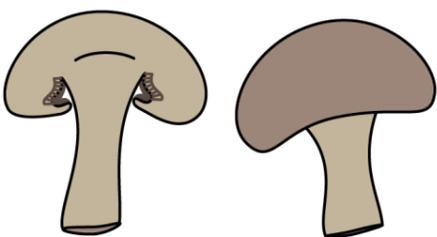


First **wash your hands** with soap and water



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

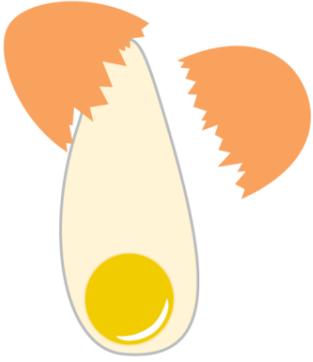


Heat 1 teaspoon of **olive oil** in a frying pan



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

Cook until soft



Crack **2 eggs** into the frying pan

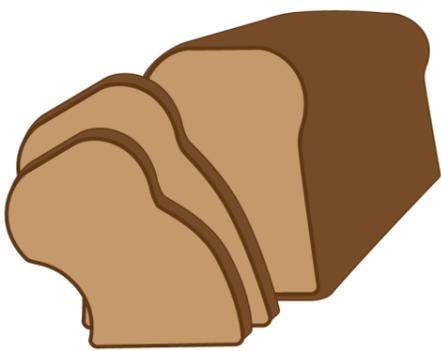
Use a whisk or a fork to break the yolk

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