

Red Pepper, Mushroom and Feta Scrambled Egg

This speedy scrambled egg dish is highly nutritious, packed with protein and providing you with a source of 17 vitamins and minerals including vitamin D, iron, folic acid and zinc.

Preparation time: 10 minutes / Cooking time: 15 minutes / Serves 2



Ingredients

2 tbsp. olive oil (30ml)	200g fresh mushrooms, very finely chopped	1 clove garlic, peeled and very finely chopped (3g)
1 medium red pepper, very finely chopped (160g)	4 large eggs (280g)	100ml milk
50g feta cheese, crumbled	25g parmesan, grated	Pinch of pepper

Method

1. Heat the oil in the pan over a medium-low heat. Add the mushrooms, peppers and garlic and gently cook for 10-15 minutes, until the vegetables are soft.
2. In a bowl, whisk together the eggs, milk, cheese and a small sprinkle of pepper. Pour this mixture into the pan and over the red peppers and mushrooms.
3. Gently cook the eggs in the pan for 5 minutes, stirring occasionally to scramble them, until the eggs are fully cooked through.