



INSTRUCTION CARD - SCRAMBLING EGGS

(SERVES 4)

INGREDIENTS:

8 large eggs
 ½ cup milk
 2 teaspoons margarine

UTENSILS:

Large bowl	Frying pan
Measuring cup	Teaspoon
Fork or whisk	Spatula

OPTIONS:

- For additional flavour, you can also add fresh or dried herbs (e.g. parsley).

METHOD:

1. Crack eggs into a large bowl and add the milk. Beat the mixture lightly using a fork or whisk until just combined, making a smooth, creamy texture. Add herbs if desired.
2. Heat the frying pan on medium to high heat until hot, add the margarine and tilt the pan allowing the melted margarine to coat the bottom of the pan.
3. Turn the heat down to medium. Pour the egg mixture into the frying pan and cook for approximately 30 seconds.
4. Once the egg mixture has started to cook through (mixture becomes firmer and is not as runny), use a spatula to fold the mixture in from the edges of the pan to the centre, creating soft folds.
5. Tilt the pan from side to side to cook through the remaining runny mixture.
6. Continue tilting the pan and folding the egg into the centre until there is no uncooked egg mixture remaining.
7. Break the mixture gently into smaller pieces and keep moving to ensure all sides are cooked through. Try to avoid leaving the egg cooking on one side for too long, as it will over cook.
8. Remove the eggs from the heat and distribute evenly into four bowls or plates to serve.

NOTE: Do not use broken, cracked or out of date eggs (refer to the information sheet Safe Egg Handling for information).



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