

Kat's Kitchen

Scrambled egg with toast soldiers



Makes

1-2 portions

Allergens

Egg

Prep time

30 minutes

Ingredients

1 small egg

1 tbsp of oat milk

1 slice of bread

Dairy free spread

Step by step

1. Crack the egg into a small plastic bowl and whisk. Add milk and whisk again until there are some bubbles on the surface.
2. Microwave for 30 seconds, then stir with a fork. If necessary, microwave again in 10 second bursts, until almost set/cook but not rubbery.
3. Serve with toasted bread with spread. Cut into soldiers and serve separate on a small plate.

Kat's top tip

**Microwaves vary!
The eggs may be
almost set after 30
seconds, or more
take a minute.**