



Perfect microwave scrambled eggs

Scrambled eggs aren't difficult once you know how. This super-easy version can be made in a coffee mug!



Time to prepare: 2 minutes



Time to cook: 3 minutes



Serves 1



Suitable for vegetarians

Ingredients

- 2 eggs
- 2 tablespoons low-fat milk

Method

1. Beat eggs and milk together in a microwave-safe bowl or coffee mug. Beat well so yolks and white are well mixed.
2. Cover with plastic wrap (leave a small gap as a steam vent).
3. Microwave on MEDIUM-HIGH for 1 minute 30 seconds to 1 minute 45 seconds - stir every 20 to 30 seconds during cooking.
4. Cover and let stand for 30 seconds to 1 minute before serving. Eggs will look slightly moist, but will finish cooking upon standing.
5. Serve immediately with wholegrain toast.

Notes

You might also like...



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[\(/eat/recipes/easy-omelette\)](/eat/recipes/easy-omelette)



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