



A versatile and healthy dish that can be prepared in the blink of an eye – no wonder there are so many egg-citing ways to prepare scrambled eggs.

3 Ways with scrambled eggs

Ingredients

SERVES 1

2-3 eggs per person
15 ml (1 tbsp) water per egg
salt and black pepper to taste
10-15 ml (2-3 tsp) olive or avocado oil

1. Cheese & mushrooms

30 ml (2 tbsp) grated white cheddar cheese
15 ml (1 tbsp) each chopped fresh Italian parsley and thyme leaves
4-5 portabellini mushrooms, quartered and pan-fried
extra grated cheese and herbs to serve

2. Boerewors (great for kids)

8-10 small pieces cooked boerewors
handful fresh Italian parsley leaves

3. Spinach, feta & avo

6-8 cubes feta cheese
handful baby spinach leaves
¼-½ avocado, sliced
extra cubes feta to serve

Method

1. Heat an AMC 24 cm Chef's Pan over a medium temperature until just before the Visiotherm® reaches the first red area. This unit is big enough for one portion.
2. Meanwhile, beat 2-3 eggs with 15 ml (1 tbsp) water per egg. Season with salt and pepper.
3. Choose a filling option per portion. Each option is enough for 2-3 scrambled eggs.
4. Heat a thin layer of oil in the unit and add the eggs. Reduce the temperature to the lowest setting and allow the eggs to start to set before gently stirring.
5. Depending on the filling option, some of the ingredients can be added to the eggs in the pan, as they begin to set. Follow the method for each filling:
6. **Cheese & mushrooms:** Stir the cheese and herbs into the egg mixture as it starts to set. Serve scrambled eggs with pan-fried mushrooms, extra cheese and fresh herbs.
7. **Boerewors:** Stir boerewors into the egg mixture when it begins to set. Serve with fresh parsley.
8. **Spinach, feta & avo:** As the egg mixture begins to set, stir in cubes of feta. Serve scrambled eggs on a bed of fresh spinach with avocado and extra feta. Add a good grind of black pepper.
9. Repeat with more portions until everyone has their choice of scrambled eggs, or prepare one bigger batch of scrambled eggs, with one of the filling options in an AMC 28 cm Chef's Pan or an AMC 30 cm Electric Frying Pan. Make sure you increase the amount of filling used, as the above is only enough for 2-3 eggs.