Community Integrated Care®

Microwave Scrambled Eggs!

CARE TO COOK

What you will need



2 Eggs



Salt and Pepper



Handful of Grated Cheese



1 Bowl



1 Whisk



Measuring Spoons



Apron



Ovenproof Gloves

Method

Wash your hands and put on your apron.



Crack 2 eggs into a bowl.



Whisk eggs in a bowl until the white and yolk are combined and yellow in colour.



Add a pinch of salt and pepper to the eggs.



Add a handful of grated cheese or vegetables.



Cook in the microwave for 20 seconds.



Carefully remove eggs from the microwave with oven proof gloves.



Stir the eggs with a fork or spoon.



Put the bowl into the microwave and cook for 30 seconds.



Carefully remove the eggs from the microwave with oven proof gloves and stir.



Leave to stand for 1 minute then enjoy.

