

# Breakfast Recipes

## Scrambled Eggs and Toast (South Asian Style)

**One  
Life  
Suffolk**

### Ingredients (Serves 2)



4 medium eggs



1 tbsp of vegetable oil



1 onion, chopped.



2 bell peppers, sliced.



Chili flakes (2/1 teaspoon (optional))



Seasonings (optional): coriander, curry, thyme, turmeric, cumin (2/1 tbsp each)



2 Slices of Whole meal bread (toasted) with thin spread of butter (optional)



### Method

1. In a mixing bowl, whisk together the eggs and season with salt. In a frying pan, heat the oil over medium heat. When it starts to bubble, add the onion, chili, sliced peppers and cook for 4-3 minutes, until softened.
2. Add all seasoning to frying pan and reduce the heat to low and add the beaten eggs. Cook, stirring constantly, until the eggs are scrambled.
3. Serve with Toast.

### Nutritional Information

[Approx. Per Serving]

Calories: 300Kcal  
Carbohydrate: 24g  
Fat: 16g  
Protein: 17g

### Cost:

[Approx.]  
Total Ingredients: £3.50  
Per Serving: £1.75