

## Mediterranean Scramble

**Serves:** 1

**Prep time:** 10 minutes

**Cook time:** 5 minutes

 2 serves per portion

### Ingredients

2 eggs

2 tablespoons milk, reduced fat

Pinch of Italian herbs, dried

Cracked black pepper

1 tablespoon extra virgin olive oil

¼ red onion, diced

1 cup baby spinach, roughly chopped

2 slices of lean ham, diced

¼ cup tomatoes, diced

1 tablespoon feta, crumbled



Everyday Food

### Method

WHISK the eggs, milk, Italian herbs and pepper together in a bowl.

HEAT the oil in a frypan over medium heat. Add onion and cook for 1-2 minutes or until softened.

ADD the add the spinach, ham and tomato and cook for a further minute or until the spinach leaves have wilted.

CRUMBLE the feta over the vegetables then pour the egg mixture into the frypan.

FOLD the mixture with a rubber spatula, allowing the egg to set. Continue frying until the egg is cooked through (about 2-3 minutes).

TRANSFER to a bowl and serve with a slice of crusty wholegrain bread or toast.

*Recipe courtesy of the Country Kitchens team*