

Scrambled Egg & Mushrooms

Recipe by Claire Sambolino
BANT Registered Nutritionist®



MACRONUTRIENT VALUES PER 100G

Nutritional values per 100g		
	PER 100G	%RI
Energy (kj)	563 kj	7%
Energy (kcal)	136 kcal	7%
Fat	12 g	17%
of which saturates	3.9 g	20%
Carbohydrate	2 g	1%
of which sugars	0.6 g	1%
Fibre	1.1 g	4%
Protein	5.4 g	11%
Salt	0.35g	6%

Generated by Nutritics v5.61 on 29th March 2021
Based on 2 egg recipe with milk

INGREDIENTS (serves 1, approx. 421kcal per portion)

- 1 large or 2 small **EGGS** (whisked)
- 1 tsp crème fraiche (**MILK**) or 25 ml **MILK**
- 4-5 champignon mushrooms (washed and halved), c. 80g
- 10g butter (**MILK**) or coconut oil
- 1 handful fresh rocket leaves, c. 20g
- ½ avocado (crushed)
- 1 tsp Extra virgin olive oil
- 1 tsp fresh lemon juice
- Pinch of salt and pepper
- Bread (optional)

METHOD:

- Whisk the eggs together with the crème fraiche / milk and season with a little salt or pepper.
- Wash the rocket leaves and leave to drain.
- Take 2 small fry pans and melt half the butter / coconut oil in each pan.
- Add the mushrooms to one pan and gently cook for 2-3 minutes.
- Add the egg mix to the second pan and cook for 2-3 minutes, stirring occasionally with a wooden spoon.
- Whilst cooking, remove the flesh from ½ avocado and crush with a fork to form a chunky avocado guacamole. Season with the olive oil and lemon juice, and salt and pepper.
- Serve the avocado, rocket leaves, mushrooms and eggs and enjoy.

ALLERGENS



EGGS



MILK

MODIFY

Add any seasonal vegetables in place of rocket and avocado, such as tomatoes, baby spinach or water cress

CREDIT

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