

# Scrambled Eggs with Cherry Tomatoes

Serves 2

## Ingredients

- 1 tsp oil
- 1 tsp butter
- 1 C chopped tomatoes
- 4 eggs
- ¼ tsp salt
- ¼ C chopped fresh herbs
- 4 slices of grainy gluten-free toast of your choice (optional)



## Method

1. Heat the oil and butter in a heavy-based omelette pan over a medium heat. Add the tomatoes and stir, cooking them for a few minutes until soft.
2. Lightly beat the eggs with the salt and a grind of black pepper. Pour into the pan and let it set a little. Using a wooden spoon or spatula, gently move the set egg away from the sides of pan, allowing all the egg to cook consistently. You want the egg to be lightly scrambled but not overcooked.

Sprinkle with herbs to serve.

Note: to make dairy-free, use lactose free or plant-based margarine.

Recipe provided by *Taste New Zealand*

<https://www.bite.co.nz/recipe/12467/ Tomato-and-egg-scramble/?frmcol=1480>