

# Food skills

## Scrambled eggs

Scrambled eggs are made from eggs whisked or beaten together then poured into a hot pan. The heat is turned down and the eggs are stirred as they cook. This creates small, soft curds of egg.

Only eggs are required to make scrambled eggs. However, other ingredients can be added such as chopped vegetables, herbs, water, milk, oil and grated cheese.

Eggs may be the most important ingredient in your fridge! They're nutritious, taste great, and their physical properties form the base of many cooking techniques and recipes.

### How to



1 Crack the eggs into a bowl.



2 Break the eggs up with a fork.



3 Whisk the eggs to combine the yolks and whites.



4 Add a teaspoon of oil to a frying pan, on a medium-high heat. Pour the mixture slowly into the pan.



5 Bubbles will appear when it starts to set.



6 Lift and turn the mixture with a wooden spoon.



7 Continue to lift and turn until there is no runny egg left.

**Tip** Eggs may also be scrambled in the microwave. Cook for 45 seconds on medium-high. Stir, cook for a further 45 seconds. Serve.



# Egg and vegetable burritos

(serves 4)

## Ingredients

8 eggs  
3 tablespoons oil  
4 wholemeal tortilla wraps  
1 cup sliced mushrooms,  
cooked  
2 tomatoes, chopped  
3 spring onions, chopped  
finely

## Method



Beat the eggs in a bowl. Heat oil in a pan over a medium heat. Add the eggs and gently stir.



Warm the tortilla wraps in the oven. Place the 4 wraps onto a chopping board and add the scrambled egg.



Sprinkle the mushrooms, tomatoes and spring onions evenly along the centre of each wrap.



Roll the wrap tightly, slice in half and serve. Repeat for the other wraps.

For more recipe ideas and cooking tips visit  
[heartfoundation.org.nz/recipes](http://heartfoundation.org.nz/recipes) and [vegetables.co.nz](http://vegetables.co.nz)

  
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