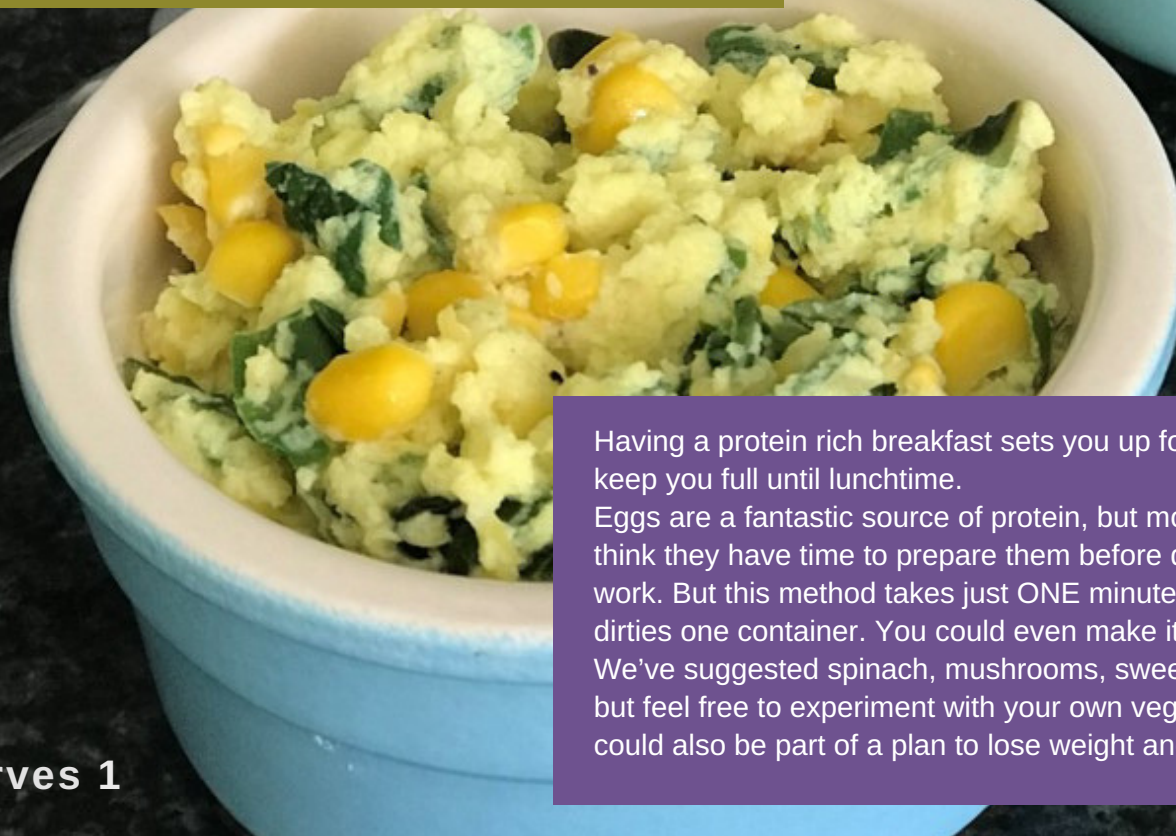


# Microwave Egg & Veg



Serves 1

Having a protein rich breakfast sets you up for the day and will keep you full until lunchtime.

Eggs are a fantastic source of protein, but most people don't think they have time to prepare them before dashing off to work. But this method takes just ONE minute to cook – and only dirties one container. You could even make it at work!

We've suggested spinach, mushrooms, sweetcorn and tomato, but feel free to experiment with your own veg combos. This dish could also be part of a plan to lose weight and gain energy.



## Ingredients

- 1 tsp, or a good spritz, of olive oil
- 1 egg
- 2 tsp of water
- A good grind of black pepper and a pinch of herb salt
- A small handful of baby spinach, finely sliced
- 2 tbsp mushrooms, chopped; or 2 tbsp of cooked sweetcorn kernels
- 20g of feta cheese, crumbled

### Topping:

- 2 cherry tomatoes, quartered (opt)



## Method

1. Coat a small mug or large ramekin with a little olive oil.
2. Add in the egg, water, spinach, mushrooms/or corn, feta and seasonings; beat until well blended.
3. Microwave on high power for 30 seconds. Stir well and then microwave for about another 30 seconds, or until the egg is almost set.
4. Top with the tomatoes - and you are ready to go!
5. If you like, eat with a couple of oatcakes, or a slice of seeded, or gluten free, bread.