

**CHILI TOMATO SCRAMBLED EGGS**

1 portion

INGREDIENTS

- 2 large units of egg, whole, raw, fresh (100 g)
- 1/2 tomatoes, diced (91 g)
- 2 spring onions, chopped (30 g)
- 1/4 cup, of cheese, cheddar (33 g)
- 1 tbsp of butter, without salt (14 g)
- 1 tsp of red chili (3 g)
- 30 grams of chorizo

COOKING METHOD

- 1° Crack the eggs into a bowl and whisk vigorously. Mix through the chili and cheese
- 2° Melt the butter in a non-stick fry pan over medium temperature and sauté the chorizo for 2-3 minutes, add shallots and tomato and saute for 30 seconds
- 3° Pour the egg mixture into the frying pan and cook for a further couple of minutes. Whilst the egg is cooking, use a wooden spoon and gently push the egg mixture creating small lumps throughout
- 4° Transfer the scrambled eggs to plate and serve

NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION (301 g)	% DRI
ENERGY	166 kcal	500 kcal	25 %
FAT	13 g	40 g	62 %
FATTY ACIDS, TOTAL SATURATED	6 g	19 g	96 %
CHOLESTEROL	151 mg	454 mg	151 %
SODIUM	227 mg	682 mg	28 %
CARBOHYDRATE	3 g	10 g	3 %
SUGARS	1 g	4 g	—
FIBER	1 g	3 g	11 %
PROTEIN	9 g	26 g	—