



Scrambled eggs with black eyed peas

10'
Hands on

5'
Cook Time

2
Portion(s)

1
Difficulty



Method

- Cut the tomato into cubes.
- Melt the butter in a [frying pan](#) over medium heat.
- Crack the eggs into a [bowl](#) and whisk well.
- Add the eggs into the pan along with the tomato, the black eyed peas, and the cheddar cheese.
- Mix with a wooden spoon until the eggs are completely dissolved, for about 2-3 minutes.
- Once the eggs thicken, remove the pan from the heat.
- Divide the eggs among 2 plates and serve them with finely chopped spring onions and the bread.

Ingredients

- 1 tomato
- 2 tablespoon(s) butter
- 4 eggs, medium
- 150 g black eyed peas, boiled, leftover
- 100 g cheddar, grated

To serve

- 1 spring onion, finely chopped
- 1 slice [sandwich bread](#), toasted and cut in half

Διατροφικός πίνακας

Nutrition information per portion

573 Calories (kcal)	40.0 Total Fat (g)	22.0 Saturated Fat (g)	17.0 Total Carbs (g)
29%	57%	110%	7%
3.0 Sugars (g)	34.0 Protein (g)	3.3 Fibre (g)	1.3 Sodium (g)
3%	68%	13%	22%