

## **California Scramble (serves 1)**

This California scramble is a quick and easy vegetarian meal for one - try for breakfast, brunch or a quick midweek meal



### **Ingredients**

- **olive oil**
- **red chilli** 1, finely chopped
- **spring onions** 3, chopped
- **watercress** 2-3 handfuls of leaves, chopped (discard the woody stalks)
- **eggs** 3 small, beaten
- **baby tomatoes** 6, halved
- **avocado** ½ small, sliced

### **Method**

- **STEP 1** - Heat 1 tbsp of oil in a non-stick frying pan. Cook the chilli and spring onion for a couple of minutes until softened then stir in half the watercress until it starts to wilt. Add the eggs and some seasoning and softly scramble.
- **STEP 2** - Tip onto a warm plate and top with the rest of the watercress, tomatoes and avocado.

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