

ARCHIVED RECIPES

SALSA SCRAMBLE TOAST (SERVE 1)

Ingredients:

2 slices Gardenia Whitemeal Bread
1 tsp olive oil
1 egg
1 tbsp low-fat milk
1/2 tomato, de-seeded & diced
1/2 yellow capsicum, de-seeded & diced
1 large green chilli, sliced thinly
1 tbsp coriander, chopped
1/4 tsp lemon juice
Salt and black pepper to taste

Cooking Method:

1. Beat the egg and milk together with a fork until slightly foamy.
2. Heat olive oil in a pan, add egg mixture and scramble.
3. Just before egg is done, add yellow capsicum, tomatoes, green chilli and coriander.
4. Remove from heat and season with lemon juice, salt and black pepper.
5. Place 1 slice of Gardenia Whitemeal Bread in a sandwich maker.
6. Top with the scrambled egg and cover with the remaining slice of Gardenia Whitemeal Bread.
7. Toast according to instructions for the sandwich maker.

