

healthy body



healthy mind

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Scrambled eggs with chorizo and grilled tomatoes

6 large eggs
2 inches of Spanish cured chorizo
3 juicy tomatoes

Method

Slice the tomatoes in half and season well before placing under the grill for 8-10 minutes. Dice the chorizo into small cubes and heat in a pan until they start to sizzle and release their oil.

With a tea spoon you can choose whether or not you want to remove some of this oil before adding the eggs. Crack the eggs in a bowl and whisk in some black pepper. Tip the mixture in with the chorizo, stirring continuously so it does not stick. Cooking should take around 3-4 minutes depending on how you like them done.