

## Scrambled egg & Mushrooms

Served with a side of guacamole and rocket leaves



**Ingredients (serves 1):** 2 eggs (whisked), 1 tsp crème fraiche or milk, 4-5 mushrooms (halved), 10g butter, 1 handful fresh rocket leaves, ½ avocado (crushed)

**Dressing:** salt & pepper

**Preparation:** 5-7 minutes

1. Whisk the eggs together with the crème fraiche / milk and season with a little salt or pepper.
2. Wash and half the mushrooms.
3. Take 2 small fry pans and melt half the butter in each pan.
4. Add the mushrooms to one pan and gently cook in the butter for 3-5 minutes.
5. Once the mushrooms are  $\frac{3}{4}$  cooked, add the egg mix to the second pan and allow to cook for 2-3 minutes, stirring occasionally with a wooden spoon.
6. Whilst cooking, remove the flesh from  $\frac{1}{2}$  avocado and crush with a fork to form a chunky avocado.
7. Serve all ingredients and add a side of rye bread.

