

Scrambled Eggs with Mushrooms

Tasteful, quick and healthy dish that doesn't require too much effort to be cooked



Main Dish

12 min

Total time

Easy

Difficulty

150

kcal / serving

Ingredients

- 1 egg, 2 tablespoons mushrooms, 2 dashes of olive oil, a pinch of salt, 1/4 of onion, 1 tablespoon cream cheese

Steps

- 1 In a bowl, whisk together the egg, a pinch of salt and cream cheese.
- 2 Heat a saucepan over medium heat and add the olive oil.
- 3 Add the mushrooms and onion and sauté until the mushrooms have cooked and the onion is semi-translucent.
- 4 Pour the egg mixture over the mushrooms and stir constantly until the eggs have just set.
- 5 Serve with toast or crackers.