

Scrambled Eggs with Spinach and Tomatoes

A delicious, easy and quick dish for a healthy breakfast or brunch.



Main Dish

10 min

Total time

Easy

Difficulty

212

kcal / serving

Ingredients

- Ingredients for 1 person:
- 2 eggs
- 1 cup spinach, chopped
- 1/4 cup chopped tomatoes
- 1 teaspoon olive oil
- 1/2 teaspoon salt and pepper

Steps

- 1 Heat the olive oil in a small skillet
- 2 Add the chopped spinach and tomatoes and cook for 1-2 minutes
- 3 Crack the eggs into the pan and stir all the ingredient together
- 4 Cook, stirring occasionally, until the eggs have reached your desired consistency
- 5 Season with salt and pepper and enjoy!