

GF Friendly

Tom Mush and Egg Snack

Fried mushroom and tomato plus scrambled egg, both on toast

This was okay for our evening meal, but then we aren't big eaters. As a quick snack, something on toast is usually quick and convenient, so you can play around with your toppings of choice: like capsicum, onion, sardines, poached egg or even a small omelette. Button or field mushrooms are fine, but make sure to chop them small.

- 1 large cup mushroom
- 1 medium tomato
- 2 eggs
- 2 Tbsps milk
- 1 tsp olive oil, or other cooking oil
- 4 slices toasted bread
- Table spread or butter
- Salt and pepper (optional)



Peel and chop the mushroom small. Chop the tomato small too. Beat the eggs with the milk and a shake of salt and pepper if using. The toast is best left to cool before spreading or buttering – this prevents it becoming soggy when the topping goes on.

Melt one teaspoon of the spread or butter in a small pan with the teaspoon of oil, then pop in the chopped mushroom and stir fry for about 2 minutes. Start scrambling the eggs, either in a frypan, or in the microwave (see Handy Hints HH47); but leave them slightly moist to finish off just before serving. Add the tomato to the mushroom pan and cook on low to heat, stirring occasionally. Put the buttered toast on warmed plates, finish off cooking the scrambled egg; then divide both this and the tomato/mushroom mixture in half, placing a portion of each on the toast. Garnish with sprigs of parsley if you have it –we didn't.

Serves 2

Tip: when using table spread or butter for frying, put a teaspoon of oil in the pan first to prevent the fat burning.

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