

Asparagus & parmesan scrambled eggs



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Preparation 10 mins | Cooking 15 mins | Serves 4

- 275g stem ripe truss cherry tomatoes
- Olive oil spray
- 8 free-range eggs
- ⅓ cup milk
- ¼ cup finely grated parmesan + extra to serve
- 2 tbs butter
- 2 tsp olive oil
- 2 bunches asparagus, trimmed and cut into 2cm pieces
- 1 tbs finely chopped chives
- 4 slices thick wholegrain toast, to serve

STEP 1 Preheat oven to 200°C/180°C fan-forced. Place tomatoes onto a baking tray lined with baking paper. Spray with oil. Roast for 10 minutes or until tender.

STEP 2 Meanwhile, whisk eggs, milk and parmesan in a bowl. Season with salt and pepper. Set aside.

STEP 3 Heat 1 tbs butter and the oil in a large non-stick frying pan over medium heat. Add asparagus and cook, stirring often, for 3 minutes until vibrant and just tender. Transfer to a plate. Wipe pan clean using paper towel.

STEP 4 Melt remaining 1 tbs butter in pan over medium heat. Add eggs, swirl around pan and cook, without stirring, for 1 minute. Then using a spatula, stir and fold eggs, until just beginning to set. Gently stir through the asparagus and chives. Sprinkle with extra parmesan. Serve with roasted tomatoes and toast.

Good for you... **TOMATOES**

The richest food source of lycopene, a member of the carotenoid family which is important for the health of the prostate gland. The redder the tomato, the higher its lycopene content. An excellent source of vitamin C, which the body uses to defend itself against infection.

