

COTTAGE CHEESE SCRAMBLED EGGS

I saw this on an instagram reel the other today and thought I'd give it a try. The key to good scrambled eggs is a decent non-stick pan and to take time to cook the eggs slowly so that they go soft and silky, not rubbery.

The cottage cheese makes a welcome addition in my opinion, a little bit tangy and salty plus it's bumps up the protein content nicely. Great any time of day on a piece of toasted sourdough.

Servings 2 | Prep 5 minutes | Total Time 15 minutes

185 calories | 18g Protein | 4g Carbs | 10g Fat



Ingredients

- 2 tbsp reduced fat cottage cheese
- 4 eggs
- 4 Spring onion, to garnish (optional)
- Chives, to garnish (optional)
- Salt and pepper

Directions

1. Place a non-stick frying pan over a low-medium heat.
2. Beat your eggs until well combined, season and add to the pan.

3. Leave alone until the mixture starts to set on the bottom, then slowly start to move the eggs around the pan with a spatula.
4. Keep moving until the eggs are nearly set (normally around 5-8 minutes) then add the cottage cheese.
5. Continue to cook over a low heat until the cheese is fully mixed through and the eggs are fully set.
6. Serve on a piece of toast or with some veggies, topped with spring onion and chives.