

Eggs make a meal out of anything : Fast food. And good for you : veggy egg pittas / British Egg Information Service.

Contributors

British Egg Information Service.

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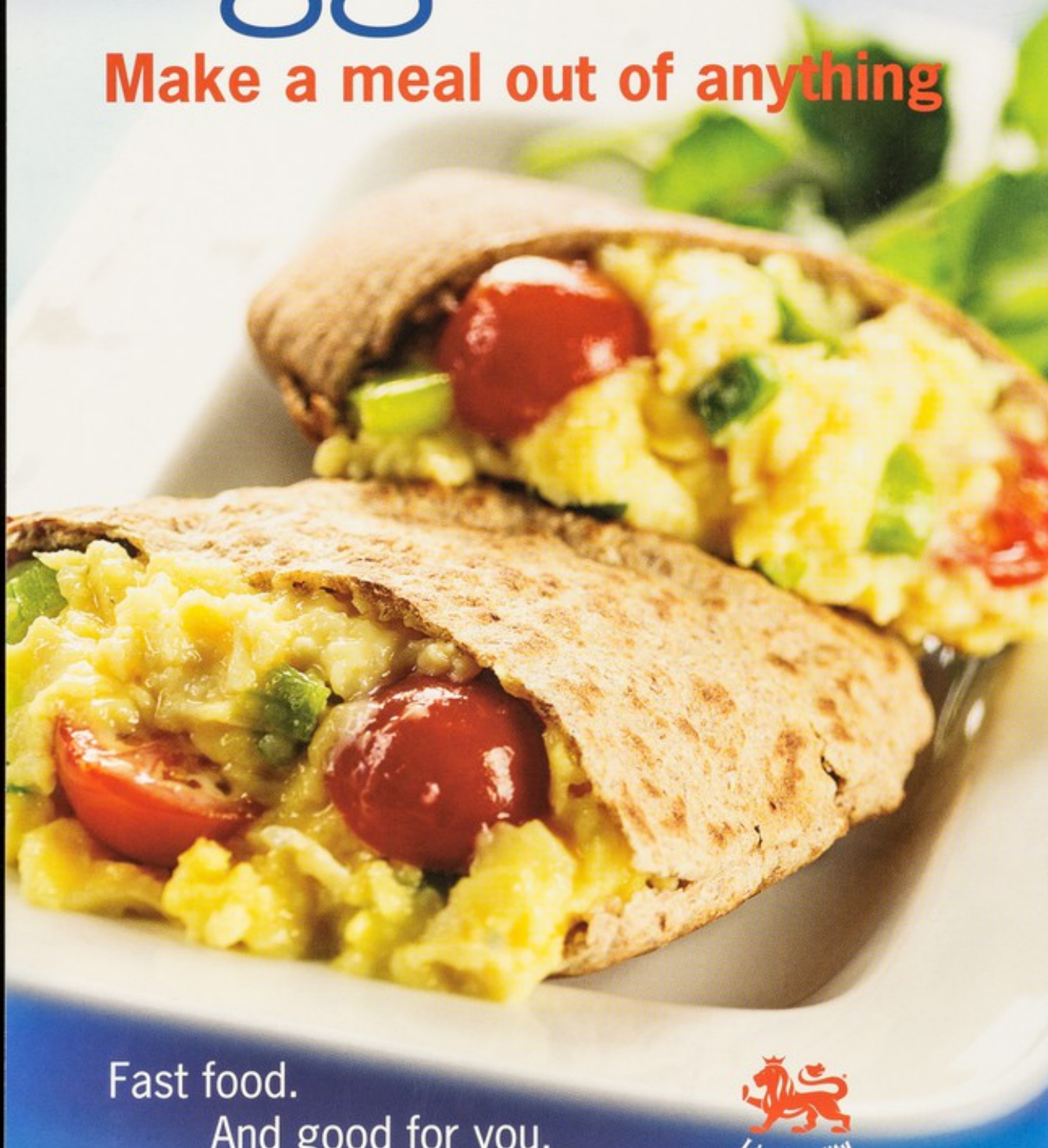


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Eggs

Free 16 page
recipe booklet

Make a meal out of anything



Fast food.
And good for you.



Veggy Egg Pittas



Preparation time: 5 minutes

Cooking time: 4 minutes

Serves 2

Ingredients

15ml/1 tbsp vegetable oil

2 spring onions, sliced

100g/4oz cherry tomatoes, halved

4 large Lion Quality eggs

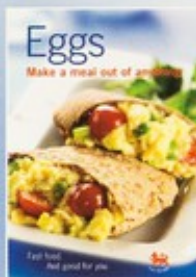
2 wholemeal pitta breads, toasted

Method

Heat the oil in a non-stick pan, add onions and tomatoes; fry for 1 minute. Beat eggs with salt and freshly ground black pepper. Pour eggs into pan, cook over gentle heat for 3 minutes, stirring until scrambled, set aside. Cut pitta in half and open to make pockets. Spoon the egg mixture into each pocket. Serve warm.

16 page recipe booklet offer

Veggy Egg Pittas are just one of 12 new recipes specially created by the British Egg Information Service for people who want good food, fast.



To get your free copy send a SAE to:
Eggs make a meal out of anything,
British Egg Information Service,
P.O. Box 27,
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Bourton-on-the-Water
Cheltenham GL54 2ZG

LOOK OUT FOR THE LION

Don't forget to look for the Lion Quality mark when buying your eggs as your guarantee that they have been produced to the highest standards of food safety in the world.

All Lion Quality eggs come from British hens vaccinated against salmonella and carry a best before date on the egg shell and box showing that they are even fresher than required by law.

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