

Egyptian Egg Scramble

Ingredients

- **200g** egg whites
- **1** Onion
- **1-2** cloves garlic
- **1tbsp.** cumin
- **1tsp.** coriander
- **Salt** + Pepper
- **1 tin** tomatoes



Cooking method

TO COOK

1. Place your fry pan onto a high heat and spray with some cooking spray.
2. Once warmed, add your onion and garlic.
3. Toss the onion and garlic together and once browned add your spices and mix together for 1 minute.
4. Add a tin of chopped tomatoes and stir then allow the mix to reduce for around 4 or 5 minutes.
5. Make the egg whites and stir incorporating everything together.
6. Allow the mix to reduce again for roughly 5 minutes then serve with some

Serves: 1

31g

PROTEIN

219

CALORIES

20g

CARBS

4g

FIBRE

0g

FAT