



COME ON

LET'S
DO
THIS

Fat

MED

Saturates

LOW

Sugar

LOW

Salt

MED

per 100g

Portions
fruit & veg
per serving

1

Spinach & leek scramble

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lets-dothis.org.uk

Recipe includes a
healthy boost

Serves 4 | prep 5 mins | cook 10 mins

Spinach & leek scramble

Everyone loves scrambled eggs! Why not try adding a **healthy boost** of veggies to your breakfast eggs? Sauté spinach and leeks with your egg, and serve on wholemeal toast.

Ingredients

- 2 tsp rapeseed oil
- 6 medium eggs
- 1 tbsp 0% fat Greek style yoghurt
- Good pinch of pepper
- 4 slices wholemeal toast with unsaturated e.g. sunflower or olive oil spread.

Healthy boost ingredients

- 1 leek (160g), thinly sliced
- 160g frozen spinach, defrosted and excess water squeezed out.

Top tips

- Try using other vegetables such as mushrooms, sweet peppers or courgettes
- Wrap your scramble in a wholemeal tortilla for a breakfast burrito.

Method

1. Add the oil to the pan over a medium to low heat and add the leeks, stirring regularly for 5–6 minutes until soft
2. Meanwhile, add the eggs to a bowl with the yoghurt and pepper and lightly beat with a fork
3. Add the spinach to the pan with the leeks and mix well
4. Meanwhile, toast your bread and spread with a little unsaturated spread
5. Once the spinach is heated through add the eggs to the spinach and leeks, whilst constantly mixing for 2–3 minutes until the eggs are scrambled. Divide between the toast and serve.

Nutritional information

Each serving contains:

Calories	Fat	Saturates	Sugars	Salt
254	11.3g	2.7g	2.6g	0.9g
13%	16%	14%	3%	15%

%= an adult's reference intake



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