

Styrian Pumpkin Seed Oil Scrambled Eggs



Main dish

Kind of recipe



10 Minutes

Preparation



easy

Severity



Ingredients for 1 people

2 eggs
Styrian Pumpkin Seed Oil P.G.I.
salt, pepper
To Garnish: cherry tomatoes, parsley or chives

Preparation

Beat the eggs with the Styrian Pumpkin Seed Oil P.G.I., salt and pepper. Cook the beaten egg mixture in a coated pan while constantly stirring until the eggs are set. Serve on a plate, garnished with a halved cherry tomatoes and fresh herbs. A slice of wholemeal or dark rye bread rounds this dish out perfectly.

Tip: A fresh green salad naturally completes this dish, which also looks appetizing when served on a slice of pumpernickel bread.

Recipe from Gemeinschaft Steirisches Kürbiskernöl g.g.A. / Foto: Stefan Kristoferitsch