

Healthy Breakfast

ツナのス克蘭ブルエッグ

● Ingredients (1 serving)

2 Eggs

½ can of Tuna

¼ cup Frozen Edamame

1 Tbsp. Vegetable Oil

- Edamame



Place $\frac{1}{4}$ cup of frozen Edamame in a microwavable plate.



Microwave for 30~35 seconds.
Season with salt or butter to taste.

● Tuna and Egg



Combine 2 eggs and $\frac{1}{2}$ can of drained tuna in a bowl and whisk well.



Heat 1 Tbsp. of vegetable oil in a pan.



Cook scrambled eggs as you like.
Season with salt and pepper to taste.

Serve the scrambled egg and the Edamame with toast.
Enjoy!!

