



Incredible Edible Reciplease

The Incredible Edible Eight Steps to the Perfect Start to Father's Day

Ingredients (Serves 1 for Dad)

- 2 oranges for squeezing
- 2 eggs
- 2 slices of prosciutto
- 6 cherry or baby truss tomatoes
- Some basil leaves



This is how you can help Mum do it!

- Step 1 - Kids:** Wash your hands and put on an apron. Get out a tray and put a serviette and a flower from the garden on it.
- Step 2 - Kids:** Juice two oranges into a nice glass.
- Step 3 - Mum:** Get the oven on to about 180°C and crack two free-range eggs into a glass bowl with a splash of milk. Season with salt and pepper.
- Step 4 - Kids:** Gently whisk the milk and eggs together
- Step 5 - Kids:** Line a baking tray with baking paper and place 6 cherry or baby truss tomatoes onto the tray together with 2 slices of finely sliced prosciutto. Get two slices of bread into the toaster. Get the paper for Dad.
- Step 6 - Mum:** Heat a grill on high and grill the tomatoes and prosciutto for 5 minutes or until prosciutto is crisp on both sides and tomatoes are slightly softened.
- Step 7 - Kids:** Make a card. Draw a lovely picture on the front and put it on the tray with a loving message while Mum cooks the eggs.
- Step 8 - Mum:** Spray a small frying pan with some oil and add the eggs to the pan. Make sure the heat is not too high. Swirl the pan to let the eggs spread evenly and gently push the egg mixture to the centre creating soft folds of egg. Keep doing this until most of the mixture is cooked. Remove from the pan and spoon on over the toast. Top with prosciutto and tomatoes on the side. Sprinkle with some basil leaves.

Happy Father's Day!

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