Ricotta Scrambled Eggs with Cherry Tomatoes

2 breakfast plates, each with half the eggs, ricotta, tomatoes and toast · Active 15 min · Total 30 min

Skills: Beginner with ordinary kitchen equipment

Ingredients

- 4 large eggs (200 g edible contents)
- 1/2 cup part-skim ricotta (120 g)
- 1 1/3 cups cherry tomatoes, washed and halved (200 g)
- 4 small whole-wheat bread slices (120 g total)
- 2 teaspoons olive oil (10 ml/about 9 g), divided
- 1/4 teaspoon fine salt (1.5 g), divided
- 1/8 teaspoon ground black pepper (0.3 g)

Set out

Stovetop, 10-in/25-cm nonstick skillet, Mixing bowl and whisk, Flexible spatula, Clean holding plate for tomatoes, Toaster, Thin-probe food thermometer, Knife and board

Allergens

Egg, Milk, Wheat; bread may add soy or sesame—check labels. Check labels and substitutions.

Make it

1. Whisk eggs with half the salt and the pepper. Set the ricotta beside the stove. Heat 1 teaspoon oil in the skillet over medium heat. Add tomatoes and remaining salt; cook 4–5 minutes, turning, until softened but still holding their shape. Transfer to the clean plate.

2. Take the skillet off the heat for 1 minute, then return it over low heat with the remaining oil. Add eggs. Draw the spatula across the bottom every few seconds, allowing broad curds to form, about 3–4 minutes. Toast the bread while you watch the eggs.

3. Fold in ricotta and continue cooking gently for 2–3 minutes, or as needed, until no liquid egg remains and the combined scramble reaches 160°F/71°C. Check in the thickest curds without touching the pan with the probe. Divide all the scramble, tomatoes and toast between 2 plates and serve promptly.

A beginner skill to practice

Practice moving a pan off the burner to reduce its heat. A dial change alone does not immediately cool the metal.

A useful detail

The 30-minute total includes cutting, whisking, a tomato stage, a short pan-cooling pause and the scramble. Low heat gives you time to move the spatula; it does not mean leaving raw liquid egg in the finished dish.

Keep it well

Refrigerate leftover eggs and tomatoes in a shallow container within 2 hours, or 1 hour above 90°F/32°C, at 40°F/4°C or below. Use within 2 days and reheat to 165°F/74°C. Toast bread fresh rather than storing it under the moist eggs.