

# Creamy scrambled egg with cockles and laverbread

Enjoy a taste of the seaside, laverbread, made from seaweed, and cockles are both particularly popular in south west Wales.

## Ingredients

Serves 1

1 tbsp/15g laverbread

1 tbsp/15g cooked cockles

2 large eggs

Coarse salt and ground pepper

1 tbsp/15g Welsh butter

1 tbsp/15ml Welsh double cream

Toast (if desired)

## Method

In a small non stick saucepan melt the butter over a medium heat

Drain and rinse the cockles well, pat dry with a paper towel

In a bowl, beat eggs with 1 tablespoons water; season with salt and pepper.

Pour into pan; cook, scraping bottom frequently with a flexible heatproof spatula, until just set, 2 to 3 minutes.

Stir in the laverbread, cockles and cream and heat to warm through without over cooking the eggs

Transfer to a plate. Serve with toast, if desired

