Chicken & Scrambled Egg Breakfast Bowl

Serves 2

3 large eggs beaten

1 teaspoon water

Salt and pepper

1 tablespoon extra-virgin olive oil

2 ounces cooked chicken

1 cup baby spinach

1 tomato chopped

Diced onion and red bell pepper

In a mixing bowl whisk eggs with water and a pinch of salt and pepper.

Preheat a nonstick skillet over medium heat.

Add the oil to the skillet and heat for 1 minute.

Add the eggs to the pan and gently scramble.

To assemble bowls, add scrambled eggs, chicken, spinach, tomato and onion and pepper.