

Text 17

- (*Nigella speaks to camera*) sometimes the only thing that gets me up in the morning is the prospect of a good breakfast and let me tell you I've got some yummy morning meals that are the work of mere sleepy moments (-) when I'm working at home (*picture of each dish as she mentions it*) breakfast bruschetta (.) speedy shortcut chocolate croissants or spicy scrambled eggs (.) and there's my ultimate get up and go breakfast a wake-up shake-up go get em smoothie for a weekend brunch (.) a first thing frittata party complete with my pussyfoot cocktail (-) and fast and fabulous my instant mix pancakes with blueberry syrup (.) workdays weekdays weekends I've got breakfast and brunch nailed the express way (*Nigella enters kitchen in her dressing gown*) (-) this breakfast is one of the world's best hangover salves but I speak with a clear conscience (.) and what's more a clear head (*takes ingredients from fridge*) I'm just making it because I love it (.) really spicy scrambled eggs (.) pan on (.) bit of oil in the pan (*close-up picture of frying pan and oil*) (.) one tablespoon (-) and I'm going to roll up (.) and then snip some soft corn tortillas in the pan (*close-up picture of tortillas being snipped*) normally I'd be making toast to have with my scrambled eggs (.) but I am going to concertina the toast and the eggs together because I have toast in my scrambled eggs (.) OK while that's going on I'm just going to be getting on with a bit of chopping (.) (*close-up pictures of Nigella chopping the ingredients*) one spring onion (-) it's the morning I don't mind how you chop it (.) don't be hard on yourself (-) a chilli now the bigger chillies are actually milder than the small ones which is why this is not as odd as it looks (.) anyway (.) like a bit of heat in the morning (-) chop the chilli (.) well (.) this is what I feel should go in next (.) just one tomato (-) now the thing I would say is it's not nice when the seeds go into the eggs because it makes everything too runny so (.) I'm gonna gouge out the seeds (.) (*close-up pictures of gouging seeds*) it's a bit of a mess as I do so (.) I'm gonna have to clean this up later so I'm not gonna worry about adding to the mess and I think in almost one syncopated move (.) (*close-up picture of removing fried tortillas from pan*) I'm getting out (.) erm these golden shards of fried tortilla (-) and begin to fry (.) my chopped spring onions chilli and tomato (*close-up picture of ingredients going into frying pan*) (-) ah perfect (.) the eggs (.) four eggs (.) treat myself (.) in a bowl (*cracks eggs*) (-) now I like my eggs quite salty (*adds salt*) (-) whisk these together (*close-up picture of eggs being whisked*) whisk mix and now just scramble the eggs with those lovely bits of red and green (*close-up picture of eggs being poured into pan*) it pays to be vigilant with scrambled eggs because (.) they can overcook very quickly and I love them almost runny (.) oh the softness of this golden egg against the crispness of the golden tortilla (*mixes tortilla and eggs*) (--) we're on (*puts scrambled eggs into dish*) (--) perfection (*eats scrambled eggs*)

from: BBC TV programme *Nigella Express*

Key:

(.) short pause

(-) longer pause

(--) very long pause