**Scrambled eggs with spinach and roasted tomatoes**

(Serves 4)

2 tbsp olive oil
1 tbsp butter
Handful of spinach leaves
Roasted tomatoes
5 free range eggs, lightly beaten
Pinch of sea salt

1. Heat the butter and fry the spinach leaves and tomatoes.
2. Add the olive oil and the eggs and stir until cooked, but do not overcook!
3. Season and eat on its own or on a slice of toasted rye or spelt bread.