






EGG-CELLENT OMELETTE!

-  Serves: 2
-  Prep: 10 mins
-  Cooks in: 1-2 minutes

Ingredients

- 1 large onion, peeled and chopped
- A handful of cooked potatoes, sliced
- Half a pepper roughly chopped
- 2-3 cloves of garlic, crushed (optional)
- 3 eggs
- Teaspoon of dried herbs
- Grated parmesan or hard cheese (e.g. cheddar)
- Seasoning to taste
- 1 tsp oil for frying

Method

- 1** In a large frying pan, fry the onion on a gentle heat until it is transparent.
- 2** Add the cooked potatoes and pepper and fry until they are golden brown.
- 3** In a large bowl, beat the eggs with the herbs so that they are all combined.
- 4** Gently pour the egg mixture into the frying pan, making sure you pull the mixture into the middle of the pan to ensure the egg mixture cooks evenly.
- 5** Leave for a minute or so, until the omelette is browned underneath and the egg has fully set.
- 6** Then flip out on to the plate!



Chef's Tip

Make sure the pan is nice and hot before you add the eggs!

Why not..?

Nearly any leftover food can go into an omelette, just make sure you thoroughly heat it through before adding the egg mixture.

Variations

Try a summer omelette with asparagus tips and frozen peas, or a hot and spicy version with some leftover chilli and extra jalapenos.



Allergy Advice

Contains eggs.

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