

OUR RECIPE

VEGGIE
RECIPE

Omelette In A Mug

Serves 1

INGREDIENTS

- 1 tsp rapeseed oil
- 2 large free-range eggs
- 1 tbsp milk
- 25g cheddar cheese, grated
- 1 medium tomato, de-seeded, chopped
- 1 small spring onion, finely chopped
- Salt and pepper for seasoning

METHOD

1. Grease the mug with the oil. Use a pastry brush or a piece of kitchen roll dipped in the oil.
2. Crack the eggs into the mug, add the milk and whisk with a fork.
3. Add the filling ingredients, i.e. cheese, tomato and spring onion, with a pinch of salt and pepper. Whisk again.
4. Place the mug in the microwave and cook on full power for around 1 minute 40 seconds. It might take less time or a bit longer for the eggs to cook, so microwave for a 20 second burst, stir the eggs gently to mix and then repeat this process until the eggs are set.
5. Leave the eggs to stand for a minute, then serve.

Serving Suggestion - eat this for a nutritious breakfast or lunch. Make a half portion for young children.

Special thanks to Soil Association
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Vary the filling ingredients to suit your own preferences. Why not try chopped red pepper and mushrooms .



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