

Basic Omelette



Ingredients

3 beaten eggs

1tsp sunflower oil

1tsp butter

Filling ideas: cheese, ham, mushrooms, onions

Omelettes are a great way to eat up leftovers. This recipe uses up sweet potato, red onion, new potatoes and grated cheese

Method

- 1) Season the beaten eggs with a little salt and pepper. Heat the oil and butter in a non-stick frying pan over a low heat until the butter has melted
- 2) Pour the eggs into the pan, tilt the pan slightly from one side to another to allow the eggs to swirl and cover the surface of the pan completely. Let the mixture cook for about 20 seconds.
- 3) Tilt the pan again, allowing the egg to gently harden underneath. Once it has set underneath without any runny mixture, gently push the omelette from side to side, with a spatula, allowing even heat.
- 4) At this point you can fill the omelette with whatever you like – some grated cheese, sliced ham, fresh herbs, sautéed mushrooms or smoked salmon. Scatter the filling over the top of the omelette and fold gently in half with a spatula
- 5) Slide onto a plate and serve