

Eggs Cookery: Omelette

Ingredients:

Base:

- 2 eggs
- 2 tablespoons water
- 1 tablespoon dried herbs
- 1 tablespoon oil

Toppings: (Choose 2/3)

- 30g cooked ham
- 30g grated cheese
- 4/5 mushrooms
- 1 small onion
- 30g sweetcorn
- 1 tomato



Equipment: Frying pan, chopping board, chopping knife, 3 plates, balloon whisk, measuring jug, oven gloves, basin, dishcloth, tea-towel, fish slice

Method:

1. Turn grill onto preheat (medium heat)
2. Prepare all fillings for omelette – dice onion finely, slice mushrooms, dice ham into bite-sized pieces, grate cheese, sieve sweetcorn.
3. Crack both eggs into a measuring jug
4. Add 2 tablespoons water and whisk with a balloon whisk
5. Add oil to frying pan and sauté onion / mushrooms until soft.
6. Add the egg mixture and cook over a medium heat until cooked underneath.
7. Sprinkle on the remaining ingredients & herbs
8. When cooked underneath, remove from the hob and place under the grill to brown the top of the omelette.
9. Remove from the grill, serve onto a plate, fold in half and enjoy!