



Summer Standby Omelette (serves 4)

All the main ingredients in this recipe are useful to have in your kitchen as they can be used for plenty of dishes. Eat this omelette hot or cold, its suitable for any meal or lovely served cold for a summer picnic. Eggs are a great source of protein and the yolk in particular is a good source of iron which is need for brain development.

Ingredients:

1 tbsp oil
 1 Onion
 1 Courgette
 1 Pepper
 150g Cheddar Cheese
 2 tsp mixed herbs or small bunch 10g fresh mint
 4 tbsp/ 1 mug frozen peas
 6 eggs
 Ground black Pepper

Equipment:

Sharp knife
 Chopping board
 Grater
 Mug
 Scissors
 Mixing bowl
 fork
 teaspoon/ tablespoon
 Non-stick 25 cm Frying pan
 Oven gloves

Instructions:

1. Peel and finely chop the onion and finely chop the pepper.
2. Grate the cheese and courgette coarsely
3. Remove the hard stems from the mint (if using) and finely chop using scissors in a mug
4. Beat the eggs in a mixing bowl with a fork until the yolk and white are combined. Add the water, cheese, black pepper and herbs and mix well
5. Heat the oil in the frying pan, fry the onion and pepper until softened, then add the grated courgette and peas and gently cook for 4/5 minutes
6. Add the fried vegetables into the mixing bowl with the egg mixture and stir well.
7. Return the pan to the heat and tip in the contents of the bowl. Stir for a couple of minutes until the Omelette begins to set. Cook on the lowest heat until just firm. Use a spoon to draw the edges towards the centre.
8. Pre- heat the grill. Continue to cook the Omelette for 5 minutes on the hob until the base is golden. Finally put the pan under the grill (making sure you keep the handle out of the grill) and cook until puffed up, set and golden.



Skills used:

Washing, measuring, peeling, stir-frying

ALLERGENS HIGHLIGHTED IN BOLD