

Recipes

How to make an omelette

- 1.) Take a medium sized pan and preheat with some oil (the higher the temperature the less preheat time and also less nutrients so put it in around 4-5)
- 2.) Cut some onions if you want them otherwise take a bowl and crack your 2 eggs (could be more could be less) and check for eggshell pieces in the bowl.
- 3.) Add some spices and a pinch of salt (add spices and salt to your liking);
- 4.) Pour that on the pan and let it sit for 5-6 min after words take a flipping tool (spatula) and flip the omelette over it should be lightish brown and yellow.
- 5.) Keep it on the pan for another minute and EAT
IT!! (^-^):)
- 6.) You did it (^o^).