



# Omelette roll-up



Prep: 5 mins

Cook: 10 mins



Easy



Serves 1



## Ingredients

1 large egg

a little rapeseed or olive oil for frying

2 tbsp tomato salsa

about 1 tbsp fresh coriander

## Method

**Step 1** Beat the egg with 1 tbsp water. Heat the oil in a medium non-stick pan. Add the egg and swirl round the base of the pan, as though you are making a pancake, and cook until set. There is no need to turn it.

**Step 2** Carefully tip the pancake onto a board, spread with the salsa, sprinkle with the coriander, then roll it up. It can be eaten warm or cold – you can keep it for 2 days in the fridge.