

HAM AND CHEESE OMELETTE



DID YOU KNOW? ☺

The omelette is an amazingly versatile dish. Eggs are a great source of protein and many other nutrients and you can add different vegetables to get more of your 5-a-day as well.

MAKE IT! ☺

Watch the video:
youtu.be/J5OdB8rpgKE

Chef Mark shows you how to make this recipe at home!

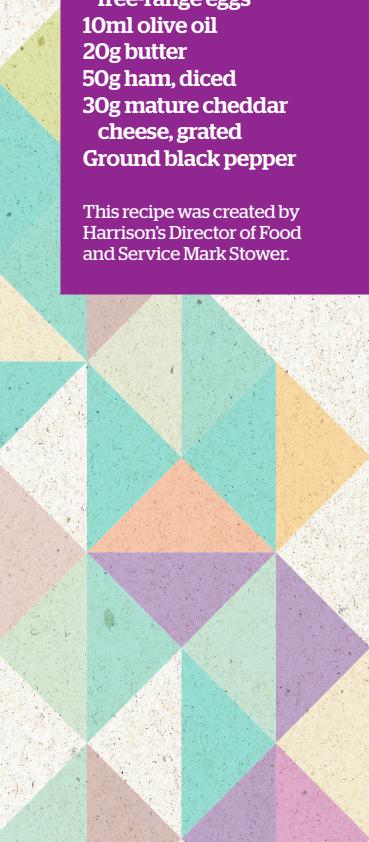


HAM AND CHEESE OMELETTE

DO IT! ☺

SERVES: 1

GET IT!



INGREDIENTS

3 medium
free-range eggs
10ml olive oil
20g butter
50g ham, diced
30g mature cheddar
cheese, grated
Ground black pepper

This recipe was created by
Harrison's Director of Food
and Service Mark Stower.

Prep time 15 minutes

1. Crack the eggs into a small bowl, beat with a fork and season with the black pepper.
2. Add the olive oil to a non-stick omelette pan (or medium-size frying pan) and then place on the stove over a medium heat. Allow the oil to heat for 30 seconds and then add the butter.
3. When the butter starts to froth, add the eggs and keep them moving in the pan with a fork until they start to set. (Be careful not to scrape the pan with the fork.) When this happens, stop stirring. Leaving the pan on the heat, spread the ham and then the cheese over the top of the eggs.
4. Turn the omelette onto itself by lifting one side up with a spatula or fork and placing it over the other half to make a half moon shape.
5. Turn out onto a plate and serve with mixed leaves or a dressed salad.