



Simple Omelette Recipe

A easy and quick dish, perfect for any meals. This classic Omelette combines beaten eggs cooked to perfection, optionally filled with your choice of cheese, vegetables, or meats.

Preparation time

- **Total:** Approximately 10 minutes
- **Preparation:** 5 minutes
- **Cooking:** 5 minutes

Ingredients

- 2 - 3 large eggs
- Salt, to taste
- Peper, to taste
- 1 tablespoon of butter or oil
- Optional fillings: cheese, dices vegetables, cooked meats, herbs



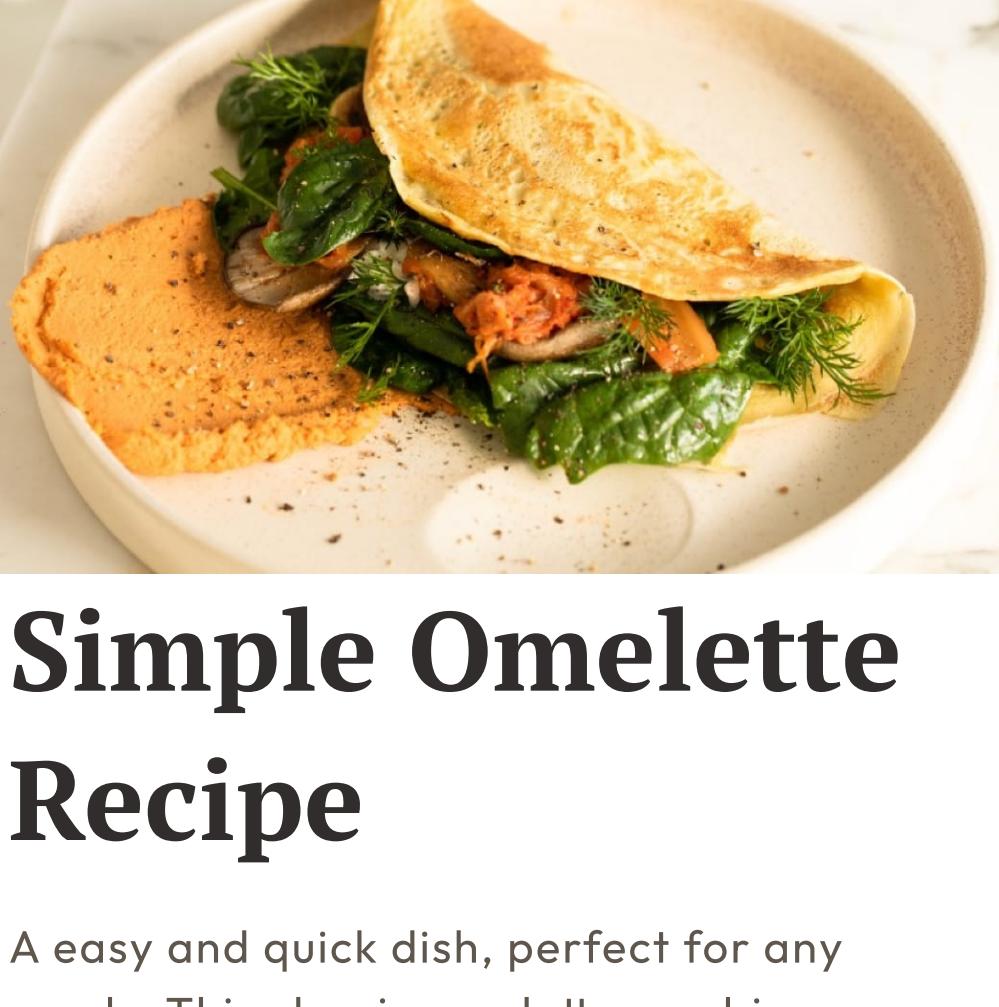
Instructions

1. **Beat the eggs:** In a bowl, beat the eggs with a pinch of salt and peper untill they are well mixed. You can add a tablespoon of water or milk for a fluffier texture.
2. **Heat the pan:** Place a non-stick frying pan over medium heat and add butter or oil.
3. **Cook the omelette:** Once the butter is melted and bubbling, pour in the eggs. Tilt the pan to ensure the eggs evenly coat the surface.
4. **Add fillings (optional):** When the eggs begin to set at the edge but are still slightly runny in the middle, sprinkle your chosen fillings over one half of the omelette.
5. **Fold and serve:** As the omelette continues to cook, carefully lift one edge and fold it over the fillings. Let it cook for another minute, then slide it onto a plate.
6. **Enjoy:** Serve hot, with additional salt and peper if needed.

Nutrition

The table below shows nutritional values per serving without the additional fillings.

Calories	277kcal
Carbs	0g
Protein	20g
Fat	22g



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