



# Cheese Omelette

Cooking Time \_\_\_\_\_

On2Cook: 1:40 mins    Normal Cooking: 8 mins

Accessories: Pan Honeycomb (Non-Stick)

Ingredients \_\_\_\_\_

- 30 g      Butter
- 40 g      Chopped Vegetables
  - 10 g Onion, 10 g Red Bell Pepper
  - 10 g Green Capsicum
  - 10 g Yellow Bell Pepper
- 126 g    Egg Mix
  - 120 g Whole Egg, 3 g Salt
  - 1 g Oregano, 1 g Chilli Flakes
  - 1 g Black Pepper
- 30 g      Grated Cheese

Step 1      0:20 secs

30 g Butter

I 100      M 0

Step 2      0:20 secs

40 g Chopped Vegetables

I 100      M 0

Step 3      0:30 secs

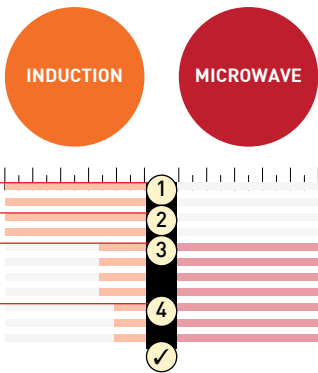
Egg Mix

I 40      M 100

Step 4      0:30 secs

30 g Grated Cheese

I 30      M 100



Total Output:  
120 g