



## Easy omelette

**Easier than it looks! A tasty and filling way to start the day.**



Time to prepare: 5 minutes



Time to cook: 10 minutes



Serves 2

### Ingredients

- - 2 eggs
- - 2 tablespoons low-fat milk
- - pinch black pepper
- - 2 tablespoons each grated cheese, chopped tomato, chopped ham and sliced mushroom

### Method

1. Whisk together eggs, milk and a little black pepper.
2. Lightly oil a small non-stick frying pan and heat until hot, but not smoking.
3. Pour egg mixture into pan and gently shake to distribute the eggs evenly over pan.
4. Cook over a medium heat until the entire base is set. Use a spatula to lift omelette at the edges to see if the base is set and cooked all over.
5. Sprinkle the grated cheese, chopped ham, chopped tomato, and sliced mushrooms over omelette.
6. Use the spatula to fold the omelette in half. Then use the spatula to cut the omelette in half.
7. Carefully slide omelette onto two plates.

#### Notes

Tip: Make it easier by having everything ready before you start cooking.

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