

Mushroom, Tomato & Cheese Omelette

Serves 1

Ingredients

2 t Oil, margarine or butter
2 Mushrooms (sliced)
1 Tomato (diced)
½ Red Onion (peeled and finely sliced)
2 Eggs
1 T Milk
2 T Edam cheese (grated)
Salt and pepper to season



Optional: Use other fillings per your preference e.g. ham and spinach.

Method

Lightly cook tomato, onion and mushrooms in 1 teaspoon of oil. Remove from pan.

Lightly beat eggs with milk. Add salt and pepper to season. Heat the omelette pan over a medium heat. Add 1 teaspoon of oil and pour in the egg mixture.

Cook over medium heat, lifting the mixture with a spatula so the uncooked egg runs underneath.

When the mixture is set spread the cooked vegetables on half of the omelette. Sprinkle with grated cheese.

Loosen the omelette from the pan and fold in half. Turn onto a warm plate.

Garnish with finely chopped parsley.

Tip: If making for 2 people, double the ingredients and select a larger fry pan.