

Omelette - Basic

Ingredients

3 eggs, beaten
dash of milk
3 spring onions, finely sliced
1 tbsp oil
5g/¼oz fresh herbs, chopped e.g. chives and flat-leaf parsley
or alternatively dried, mixed herbs

55g/2oz grated cheddar
cheese
freshly ground black pepper

Method

1. In a small bowl, beat the eggs with the milk then stir in the herbs and pepper.
2. Heat the oil in a small omelette/frying pan until a faint, blue smoke is rising.
3. Pour the egg mixture into the hot pan.
4. On a low heat, fry the omelette until it is just starting to set then carefully turn it over.
- 4a [optional] When the egg is lightly set all over, add the cheese. continue cooking until the cheese melts.
5. Once the egg [and cheese] is completely set fold the omelette and serve onto plate.