

# Outstanding Omelettes

An easy recipe with a tasty omelette at the end!

## Ingredients (Serves 1)

- non-stick cooking spray
- 2 eggs
- 2 table spoons of milk
- 15g of onion (diced)
- 15g of tomato (diced)
- 15g of grated cheese



## Equipment

- hob
- frying pan
- bowl
- fork
- spatula

## Instructions

1. Spray the pan with non-stick cooking spray and heat on a low heat.
2. Whisk the eggs and milk in a bowl using a fork. Do this until they start to foam– this will take about 3 minutes.
3. Pour the beaten eggs into the pan and cook over medium-low heat for about 4 minutes, until bottom is golden brown and top is set.
4. Sprinkle the cheese, onions and tomato over the top.
5. Fold the omelette in half with a spatula.
6. Cook for about 1 more minute.
7. Remove from the pan and serve.

