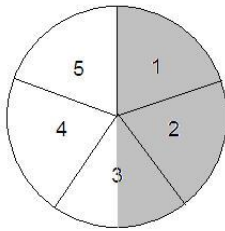


# Vegetable Omelette

Serves 1

Portions of fruit & vegetables per serving:  $2\frac{1}{2}$



Hob needed



Allergen information:

Allergens are in bold.

Contains eggs

Ingredients	Amount	Preparation
vegetable oil	$\frac{1}{2}$ teaspoon	
onion	$\frac{1}{2}$ medium	finely chopped
sweet peppers	$\frac{1}{2}$ medium	sliced or chopped
tomato	1 medium	chopped
<b>eggs</b>	2 medium	beaten
black pepper	To taste	

**Please Turn Over**



## Method

- 1 Heat the oil in a frying pan and add the onion, sweet pepper and tomato and gently fry until soft. Remove from the pan and keep to one side.
- 2 Add the black pepper to the beaten egg and pour the mixture into the hot frying pan.
- 3 Cook on a low heat and keep loosening the edges until the bottom of the omelette is brown and the top is set.
- 4 Put the cooked vegetables onto one half of the omelette then flip the other half carefully over the vegetables (you may need two spatulas!), and cook for a minute or two.
- 5 Serve.

219 calories		Per serving
<b>Fat</b>	<b>MEDIUM</b>	13.9g
<b>Saturates</b>	<b>LOW</b>	3.5g
<b>Sugars</b>	<b>LOW</b>	8.7g
<b>Salt</b>	<b>LOW</b>	0.4g

■ HIGH
 ■ MEDIUM
 ■ LOW

## Handy Hints

- Serve with salad and homemade potato wedges for a complete meal.
- Make sure the egg is fully cooked through.

