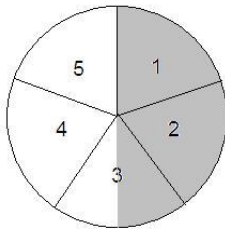


Vegetable Omelette

Serves 1

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



Hob needed



Allergen information:

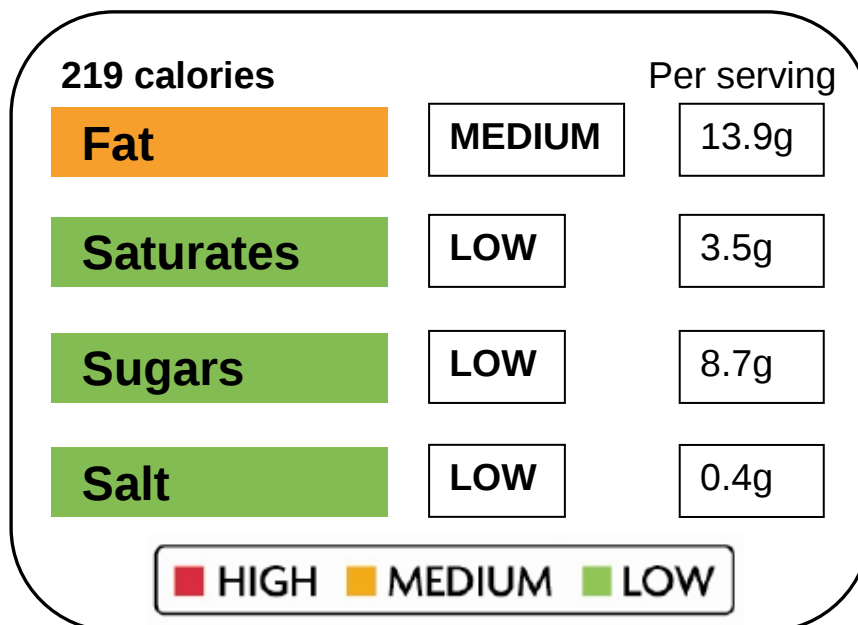
Allergens are in bold.
Contains eggs

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
eggs	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.



Handy Hints

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