



Omelets

Omelets are tasty and super-quick to knock together. A simple omelet is delicious, but if you like to mix things up, some of the other flavor combinations I've given you on the next page are really good, whether you're eating your omelets for breakfast, lunch, or even dinner on those nights when you don't want to be in the kitchen for long.

Serves 1

For each omelet you'll need:

- 2–3 large eggs, preferably free-range or organic
- sea salt and freshly ground black pepper
- a pat of butter
- a small handful of grated Cheddar cheese

To make your simple, basic omelet:

Crack the eggs into a mixing bowl with a pinch of salt and pepper • Beat well with a fork • Put a small frying pan on a low heat and let it get hot • Add a pat of butter • When the butter has melted and is bubbling, add your eggs and move the pan around to spread them out evenly • When the omelet begins to cook and firm up, but still has a little raw egg on top, sprinkle over the cheese (I sometimes grate mine directly on to the omelet) • Using a spatula, ease around the edges of the omelet, then fold it over in half • When it starts to turn golden brown underneath, remove the pan from the heat and slide the omelets on to a plate

