

# Simple Omelette



## Ingredients

1x10ml spoon (1 dessert spoon) oil  
2 eggs

## Extra Ingredients

cheese, ham, red pepper, sweetcorn,  
mushroom, tuna fish, herbs

## Equipment

Frying pan, knife, chopping board,  
small bowl, fork and a vegetable  
peeler.

## Method

1. Prepare the filling ingredients.
2. Add the oil to the frying pan.
3. Beat the eggs together in a small bowl and pour into the frying pan.
4. Stir with a fork until the egg begins to set.
5. Turn down the heat and add the extra ingredients.
6. Continue to cook until the egg is set.
7. Fold the omelette over in the pan and slide onto a plate.

# Nutrition Information

Simple Omelette	per 100g	per recipe	per portion (½ recipe)
Energy (kJ)	837	1105	552
Energy (kcal)	200	264	132
Protein (g)	11.4	15.1	7.5
Fat (g)	17.7	23.3	11.6
of which saturates (g)	3.6	4.7	2.3
Carbohydrate (g)	0.0	0.0	0.0
of which sugars (g)	0.0	0.0	0.0
Fibre (g)	0.0	0.0	0.0
Sodium (mg)	130	171	786
Salt (g)	0.3	0.4	0.2

## Notes

# Key Messages

## Healthy eating

- Serve omelettes with a side salad, some crusty bread and a portion of vegetables.
- When cooking the omelette, choose oil that is either high in polyunsaturates (such as sunflower oil) or monounsaturates (such as olive oil).

## Money

- Omelettes can contain a variety of ingredients, so use up vegetables, left over ham or cheese.
- Eggs are relatively inexpensive and make a substantial meal.

## Food safety

- Make sure the omelette is completely cooked, raw eggs should not be eaten.
- Keep eggs in the fridge, away from strong odours. Use the eggs by the 'best before' date. Do not use eggs with damaged or broken shells.
- Eat cooked egg dishes as soon as possible after cooking. If storing in the fridge, consume within 2 days.