

Omelette

Ingredients

- 2 eggs
- Sea salt and ground black pepper
- Oil and butter
- Optional extras:
 - 4-6 mushrooms
 - 2 rashers of bacon
 - Handful of grated Cheddar cheese
 - Or 6-8 cherry tomatoes

METHOD

1. Crack eggs into a mixing bowl. Add a pinch of salt and pepper. Beat well with a fork
2. If using bacon, finely slice the rashers and fry over a medium heat in a little oil a small frying pan.
 - If using mushrooms, slice and fry over a high heat in a little oil and butter in a small frying pan.
 - If using cherry tomatoes, cut in half, fry for 1 min over a high heat in a little oil and butter in a small frying pan.
3. When bacon or mushrooms or tomatoes are cooked, turn the heat down to medium, make sure the pan is evenly covered with oil, pour in eggs and move the pan around to spread egg out evenly.
4. When the omelette begins to set and firm up but still has a little raw egg on top, add cheese if using.
5. Ease round the edge of the omelette with a spatula, then fold in half.
6. When it starts to turn golden brown underneath, remove the pan from the heat and slide the omelette on to a plate