

Easy Peasy Omelette

All the main ingredients in this recipe are useful to have in your kitchen as they can be used for plenty of other snacks and dishes. Eat this omelette hot or cold with a salad, some potatoes or chunks of bread for supper or a picnic.



Egg and milk*

Nutritional information per portion (195g):

Energy 1088kJ 259kcal 13%	Fat 17g 24%	Saturates 6g 30%	Sugars 2g 2%	Salt 0.79g 13%
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of an adult's reference intake.
Typical values per 100g: energy 558kJ/133kcal.

Equipment

Weighing scales
Sieve
Bowl
Sharp knife
Chopping board
Cheese grater
Scissors
Mixing bowl
Fork
Measuring spoons
Non stick frying pan (about 25cm)
Wooden spoon
Oven gloves
Palette knife or fish slice
Large plate

Ingredients

Serves 4
150g frozen peas
1 medium onion
125g reduced-fat Cheddar cheese
Small bunch (10g) fresh mint
OR chives OR 1 x 5ml spoon dried mixed herbs (optional)
6 large eggs
Ground black pepper
2 x 15ml spoons water
1 x 15ml spoon olive oil

*Presence of allergens can vary by brand – always check product labels. If you serve food outside the home you must make allergen information available when asked.



Top Tips

- Use oven gloves to hold the handle of the frying pan when removing it from the grill in case the handle is hot.
- When you add the egg, the oil should be hot enough to set the egg, but not so hot that the egg fries.

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Method

1. Defrost the peas by putting them in a bowl of hot water for a few minutes. Drain them in a sieve.
2. Peel and finely chop the onion.
3. Grate the cheese.
4. Remove the hard stems from the mint (if using) and finely chop the mint or chives using scissors.
5. Break the eggs into a mixing bowl. Beat them with a fork until the yolk and the white are mixed together.
6. Add the water, grated cheese, black pepper and fresh OR dried herbs (if using) to the egg mixture and mix well.
7. Turn on the hob to a high heat. Put the oil into the frying pan and heat until it starts to smoke a little.
8. Add the onion and turn down the heat to medium. Cook the onion until it begins to go soft, stirring occasionally.
9. Add the peas. Stir them into the onion and cook for a couple more minutes.
10. Pour in the egg mixture and stir all the ingredients together so they are evenly spread out in the frying pan.
11. Keep the omelette on a medium heat, but turn down if it starts to burn. Use a palette knife to draw the edges towards the centre so that the pools of runny egg on top run into the channels you make.
12. Pre-heat the grill. Continue to cook the omelette for 5-6 minutes until the base is golden. Put the pan under the grill (making sure you keep the handle out of the grill) and cook until puffed up, set and brown.
13. Loosen the edges with a palette knife and slide out the omelette onto a big plate.
14. Cut into slices to serve.

Prepare now, eat later

- The following could be prepared in advance: grated cheese, chopped herbs and chopped onion. Keep each ingredient in a tightly sealed plastic bag or box (especially the onion!). Store in the fridge and use within 24 hours.
- Cook the omelette, leave to cool and keep in a plastic box for up to 2 days to eat cold.

Skills used include:

Weighing, measuring, peeling, chopping, grating, beating, mixing/combining, frying and serving.

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