



Ham & Cheese Omelette



Servings: 4
Total Time: 25 mins
Cooking Time: 15 mins



INGREDIENTS

8 large eggs
2 Tbsp water
1 Tbsp freshly chopped parsley



1 tsp light olive oil or coconut oil
1 tsp butter

150g ham, diced
150g Cheddar or Maasdam cheese, grated
1 tsp finely chopped chillies (optional)

VARIATIONS

- * If preferred, make 4 individual omelettes using a small frying pan.
- * Substitute the ham with diced salami, smoked salmon or fried bacon.
- * Use different varieties of cheese & herbs.
- * Add diced fried mushrooms, tomatoes, onions and/or green peppers.

METHOD

Whisk the eggs with the water and add the parsley. Melt the olive oil and butter in a large frying pan and pour in the egg mixture.

On a medium heat, cook the egg until the bottom half is firm & the top half still wet. Sprinkle the ham, cheese & chillies into the centre of the egg leaving a third of the egg clear on each side.

Continue cooking until the egg is firm but wet, and fold each side inwards on top of the ham, cheese and chillies.

Press down firmly and hold for 10 secs.

Cover the pan & cook for about 2 mins until the egg has set.

Divide the omelette into 4, garnish with the remaining parsley and serve.

