

Omelette



Ingredients

- . 80grams mushrooms, sliced
- . 90grams mixed pepper, finely sliced
- . 50grams plum tomatoes, halved
- . Two slices of ham, roughly chopped
- . 3 medium whole eggs
- . 2 medium egg whites, discard the yolks
- . Handful of grated cheese

Method

1. In a hot pan place the mushroom peppers. Cook until softened and mushrooms are slightly browned. Add plum tomatoes and cook for another 2 minutes. Add chopped ham and stir.
2. In a jug or bowl whisk the eggs and egg whites together.
3. Pour over the eggs and cook for a few minutes.
4. Season, add cheese and fold omelette in half.
5. Flip as required until cooked through.