

# CHEESE OMELETTE

## INGREDIENTS

3	Gms	Eggs
60	Gms	Grated Cheese
1	Tbsp	Oil (you will need to supply)
1	Pinch	Salt (you will need to supply)
1	Twist	Pepper (you will need to supply)

## ALLERGENS

Contains Egg and Milk

## METHOD

1. Gently beat the eggs together in a mixing bowl and season with salt and pepper.

2. Heat the oil in a frying pan.

3. Pour in the eggs and cook for a few seconds, until the bottom of the omelette is lightly set.

4. Push the set edges of the omelette into the uncooked centre of the omelette. Cook again, until the omelette has set further, then push those set edges into the centre of the omelette again.

5. Repeat the process until the eggs have just set but the omelette is still soft in the centre.

6. Put the grated cheese in the centre of the omelette and cook until the cheese has melted.

7. Increase the heat to high and cook the omelette for a further **30 seconds**, or until it browns on the bottom.

8. Fold the omelette in half using a spatula, then remove the pan from the heat and tilt it slightly to move the omelette to the edge of the pan sliding it onto a plate.

