

Cheesy Omelette

Ingredients

1 tbsp oil (available at school)
3 mushrooms, sliced or 2 slices of ham, diced
25g cheese, grated
2 eggs, beaten
Salt and pepper to season

This recipe can be eaten in the lesson, if desired, or bring a take home dish with your name on it to carry it home

Method

1. Break the eggs into a bowl and season, beat with a fork until mixed.
2. Add a little oil to the frying pan and fry mushrooms until they are golden brown.
3. Pour over the egg mix and cook until the omelette is set, then sprinkle cheese over and fold in the pan.
4. Lift onto a plate and serve.