



QUICK FIX OMELETTE

Recipe by Lyndon Gee

 serves 1
 prep 5 mins
 cook 10 min

Ingredients

2 large eggs (or 3 small)

Pinch pepper

Dash sunflower oil

200g any vegetables, sliced
(e.g. 4 mushrooms, 1 small leek,
½ red pepper)

20g any cheese, grated

40g ham, shredded

1 Break the eggs into a bowl, add pepper, beat with a fork and set aside.

2 Add the oil to a pan and cook the vegetables for 5 minutes over a medium heat, stirring regularly until the leek is soft.

3 Stir the egg into the vegetable mixture for 1 minute, then cook gently, using a spatula to ease the omelette from the sides of the pan.

4 When the omelette is cooked, sprinkle the cheese and ham on top and turn it out onto a plate, folding the omelette in half.

Each portion contains

Calories	Sugar	Fat	Saturates	Salt	Fibre
400	5.5g	27.5g	9.4g	2.1g	5g
20%	6%	39%	47%	35%	21%

of an adult's guideline daily amount

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Quick fix omelette

Use up whatever's in your fridge with this tasty recipe. Quick to make and versatile, with plenty of filling this makes a substantial, nutritious meal, especially when served with salad. Rather than making a plain omelette with filling in the middle, it is far tastier to mix most of the ingredients into the omelette then add a couple of ingredients to the middle such as ham, cheese or herbs.

Chef's tip from Lyndon

To make frittata, which is a classic Italian flat omelette, make as normal but just after you add the eggs top with a little cheese and place under the grill until it has set. You can then slide it out of the pan and slice, or eat cold at a picnic.

Use up

Chopped roast or boiled potatoes, as well as cooked vegetables such as broccoli, peas, courgettes and carrots are all excellent additions.

Variations

Almost anything can go into an omelette. Use different cheeses such as goat's, blue or garlic and herb cream cheese. Most vegetables work, root vegetables need to be pre-cooked. Try adding a little smoked fish.

Extra flavour

Add fresh herbs such as basil, chive, parsley or tarragon. Use smoked ham or add a little pesto, garlic or sundried tomatoes. You could even add a little curry paste or powder.



Vegetarian and vegan options

Eggs are an important vegetarian food providing many nutrients. Vegan egg-free omelette mixes and egg substitutes are available from health food stores.



Allergy advice

Egg allergy is the second most common food allergy in children. Gluten and wheat-free omelette mixes and egg substitutes are available from health food stores.

For lots more recipes and advice on making the most of your food visit lovefoodhatewaste.com

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