

Cheese Omelette

Ingredients:



2 Large
Eggs



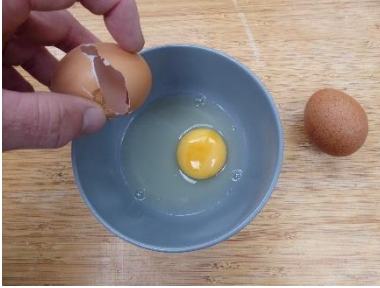
10g Cheddar
cheese



A little
vegetable
oil or
butter

Method:

1



Crack the eggs into a bowl and beat well with a fork until fully combined



3



Grate the cheese and put to one side



Place a small non-stick frying pan on a low heat to warm up

4



When the pan is hot, add a little oil, and then carefully pour in the eggs

5



Tilt the pan to spread them out evenly and use a fork to swirl the eggs round the pan a little

6



When the omelette begins to cook and firm up, but still has a little raw egg on top, sprinkle the cheese over it

7



Using a spatula, ease around the edges of the omelette, then fold it in half



8



When it starts going golden brown underneath, remove the pan from the heat

9



Slide the omelette onto a plate and enjoy!