



Cheese Omelette

Ingredients:

2 Large eggs
10g Cheddar cheese
A little Vegetable oil or butter

Method:

- Crack the eggs into a bowl and beat well with a fork until fully combined
- Grate the cheese and put to one side
- Place a small nonstick frying pan on a low heat to warm up
- When the pan is hot, add a little oil, and then carefully pour in the eggs
- Tilt the pan to spread them out evenly and use a fork to swirl the eggs round the pan a little
- When the omelette begins to cook and firm up, but still has a little raw egg on top, sprinkle the cheese over it
- Using a spatula, ease around the edges of the omelette, then fold it in half
- When it starts going golden brown underneath, remove the pan from the heat
- Slide the omelette onto a plate
- Enjoy!