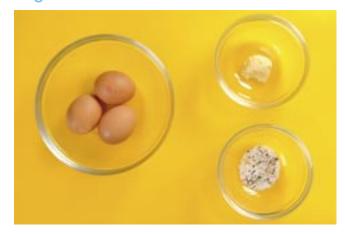
INGREDIENTS Tick

- □ **3** eggs
- 1 tablespoon of butter & a pinch of salt & pepper
- Choose your toppings, see some examples below:
 - ham & cheese
 - sautéed mushroom
- Add herbs, simply choose to your taste

Ingredients



SERVES 1



Calories: 248

Fat: 18.1g

Carbs: 1.1g

Protein: 18.9g

To guide you through some of the recipes videos are available online at:





If you are interested in joining Loaf Cookery Club and would like more information you can call us or visit our website for more details:

Tel: 028 9043 6400 www.nowgroup.org





FOOD WITH PURPOSE

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METHOD: Basic Omelette

STEP 1

Crack 3 eggs into a bowl & beat with a whisk or fork





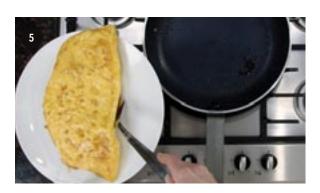
STEP 3

Gently pour the beaten eggs into the pan & then sprinkle in the salt & pepper





STEP 5Slide on to a plate



STEP 2

Heat butter in a non stick pan over a medium to low heat





STEP 4

Let mixture cover the bottom of the pan. Let the mixture cook for about 20 seconds until the eggs set.

Scatter toppings of your choice over the omelette and fold gently with spatula





STEP 6

Enjoy!

