

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:

www.loafcatering.com/video



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Basic Omelette



RECIPE

METHOD: Basic Omelette

STEP 1

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



STEP 2

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



STEP 3

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



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 5

Slide on to a plate



STEP 6

Enjoy!

