

Your First Cheese & Ham Omelette

If you can crack an egg, you can make this. Breakfast, lunch or tea.

Serves 1

Prep 5 min

Cook 5 min

1g
CARBS
PER SERVING

Everything in the list. A side salad adds about 1g.

You'll need

- ☐ 3 eggs
- ☐ 1 tbsp butter (about 15g)
- ☐ 30g grated cheddar
- ☐ 2 slices of ham (about 30g), torn up
- ☐ Salt and pepper, to taste

Method

- 1** Crack the eggs into a mug or bowl, add a pinch of salt and pepper, and mix with a fork until there are no streaks of white.
- 2** Put a non-stick frying pan on a medium heat and add the butter. Wait until it melts and fizzes gently.
- 3** Pour in the eggs. Leave them for 30 seconds, then push the cooked edges into the middle with a spatula and tilt the pan so the runny egg fills the gaps.
- 4** When the top is only a little wet, sprinkle the cheese and ham over one half.
- 5** Fold the empty half over the top, slide it onto a plate and eat straight away.

TIP

Slightly wet on top is right. It keeps cooking on the plate.

SWAPS

No ham? Use cooked bacon, mushrooms fried in butter, or a handful of spinach.

STORING IT

Best eaten straight away. It doesn't keep well.