

# Omelette



2 large free-range eggs

sea salt and freshly ground black pepper

optional: 20g Cheddar cheese

olive oil

## **To cook your omelette**

Crack the eggs into a mixing bowl

Add a tiny pinch of sea salt and black pepper

Beat well with a fork until fully combined

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

Grate the cheese onto a chopping board

Add ½ tablespoon of oil to the pan

Carefully pour in the eggs, then tilt the pan to spread them out evenly

Using a fork, swirl the eggs around the pan a little

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

Using a spatula, ease around the edges of the omelette, then fold it over in half – when it starts to turn golden brown underneath

Remove the pan from the heat and slide the omelette on to a plate