**Omelette’s**

**Ingredients**

2 eggs (free range and as fresh as possible)

Knob of butter

**Omelette filling ideas**

Tomatoes, mushrooms & fresh herbs

Cooked chorizo, sautéed red pepper & thyme

courgette, feta & chilli

Cheese, spinach & tomato

**Directions**

1. Crack eggs into a bowl, season well, and whisk until just mixed.
2. Heat pan on a medium to high heat, add butter and swirl it around pan.
3. Allow butter to foam, but don’t let it brown at all. Add your desired filling , adding cheese at end, if you wish. Pour in egg mixture.
4. Tip pan so egg mixture covers evenly, then shake pan and cook for about 20-30 secs until it begins to firm up a little – middle should remain runny.
5. Using a spatula, fold one edge over and transfer to a plate. Serve with a crisp green salad.