



10 mins

## Breakfast Recipe

# Omelette (Hob)

### Allergens



EGGS



MILK

### Utensils



knife & fork



spatula



mug



frying pan



cheese grater



sharp knife

### You will need...



3 medium eggs



10g mature cheddar



olive oil



1 tomato



handful of spinach

- 1 Pour 1 Tsp olive oil into a frying pan and place on a medium heat



- 2 Put a handful of spinach into a pan and cook for 2 mins



- 3 Take off hob and put spinach into a small bowl



- 4 Crack 3 eggs into mug and whisk



- 5 Put 1Tsp olive oil into the frying pan and place back on a medium heat



- 6 Pour the eggs into the pan and let cook until set in the middle



- 7 Chop a tomato and put on top of the eggs



- 8 Grate the cheese and sprinkle on top of the eggs



- 9 Put the spinach on top of the eggs



- 10 Fold the omelette in half with a spatula



- 11 Slide onto a plate and season with salt and pepper



- 12 Enjoy your breakfast

