



INSTRUCTION CARD - COOKING AN OMELETTE

(SERVES 4)

INGREDIENTS:

8 large eggs
1 tablespoon margarine

1 cup grated cheese
(reduced fat variety, if
available)

UTENSILS:

Bowl
Fork or whisk
Frying pan

Tablespoon
Spatula
Measuring cup

OPTIONS:

- Adding 2 tablespoons of water or milk to the mixture can give the omelette a fluffy texture.
- Be creative with the omelette fillings, you can include fillings such as mushrooms, tomato, bacon, cheese and baby spinach.

METHOD:

1. Crack the eggs into a bowl, whisk using a fork or whisk until no egg whites are visible.
2. Add water or milk if using (see options).
3. Heat the frying pan on medium to high heat until hot, add the margarine and tilt the pan allowing the melted margarine to coat the bottom of the pan.
4. Turn the heat down to medium, pour in the egg mixture and let cook for 5 to 10 seconds.
5. Once the eggs start to set, use the spatula to pull the edges of the omelette into the centre of the pan and tilt the pan from side to side so any liquid egg spills into the gaps.
6. Place any fillings such as grated cheese (see options) on the left half of the egg sheet, cooking through.
7. Tuck the spatula under the right side of the egg sheet and flip it over to the left side (on top of any fillings) with a quick flip of the wrist.
8. Turn off the heat and slide the omelette on plate to serve.

NOTE: Do not use broken, cracked or out of date eggs (refer to the information sheet – Safe Egg Handling for further information).



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