Let's get cooking

Easy Peasy Omelette

All the main ingredients in this recipe are useful to have in your kitchen as they can be used for plenty of other snacks and dishes. Eat this omelette hot or cold with a salad, some potatoes or chunks of bread for supper or a picnic.

Nutritional information per portion (273g):

calories	fat	saturates	sugars	salt
409.7	28.4g 41%	9.5g 48%	2.7g 3%	1.2g 20%

of an adult's guideline daily amount

UP TO 30 MINS · V · A! Dairy and egg

Equipment

- Weighing scales
- Sieve
- Bowl
- Sharp knife
- Chopping board
- Cheese grater
- Scissors
- Mixing bowl
- Fork
- Measuring spoons
- Non stick frying pan (about 25cm)
- Wooden spoon
- Palette knife or fish slice
- Large plate

Ingredients

Serves 2–4

- 150g frozen peas
- 1 medium onion
- 150g Cheddar cheese
- 2 x 15ml spoon fresh chopped mint, chives OR 1 x 5ml spoon dried herbs (optional)
- 6 large eggs
- Ground black pepper (optional)
- 2 x 15ml spoons water
- 2 x 15ml spoons olive oil

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Top Tips

- Put the pan under a hot grill at the end of step 12. Your omelette will puff up and go golden on top.
- When you add the egg, the oil should be hot enough to set the egg, but not so hot that the egg fries.

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Look at the Let's Get Cooking Skills chart to see which skills you have used today.
Skills used: 1, 4, 5, 6a, 8a, 8e, 9b, 9e, 9j, 12a, 12f, 16.

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This recipe was developed with funding from the Big Lottery Fund

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Method

1. Defrost the peas by putting them in a bowl of hot water for a few minutes. Drain them in a sieve.
2. Peel and finely chop the onion.
3. Grate the cheese.
4. Finely chop the mint using scissors.
5. Break the eggs into a mixing bowl. Beat them with a fork until the yolk and the white are mixed together.
6. Add the water, grated cheese, black pepper and mint (if using) to the egg mixture and mix well.
7. Turn on the hob to a high heat. Put the oil into the frying pan and heat until it starts to smoke a little.
8. Add the onion and turn down the heat to medium. Cook the onion until it begins to go soft, stirring occasionally.
9. Add the peas. Stir them into the onion and cook for a couple more minutes.
10. Pour in the egg mixture and stir all the ingredients together so they are evenly spread out in the frying pan.
11. Keep the omelette on a medium heat, but turn down if it starts to burn. Use a palette knife to draw the edges towards the centre so that the pools of runny egg on top run into the channels you make.
12. Cook for about 5–10 minutes or until the whole omelette is firm.
13. Loosen the edges with a palette knife and slide out the omelette onto a big plate.
14. Cut into slices to serve.

Prepare now, eat later

- The following could be prepared in advance: grated cheese, chopped herbs, chopped onion. Keep each ingredient in a tightly sealed plastic bag or box (especially the onion!).
- Cook the omelette, leave to cool and keep in plastic box for up to 2 days to eat cold.

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