



ENERGETIC OMELETTES

By Mr Colchester and Miss Ormes



INGREDIENTS

- Eggs

For topping

- cheese
- bacon
- spinach
- onions
- mushrooms
- peppers
- sweetcorn
- or anything else you fancy!

PREP TIME

- Prep | 3 m
- Cook | 5 m
- Ready in | 8 m

PROCEDURE

01

Chop up the onions, mushrooms and pepper into small pieces. Grate or chop up small pieces of cheese.

02

Melt some butter in a frying pan and then add the onions, peppers and mushrooms until they are beginning to brown.

03

Whisk 2 or 3 eggs in a bowl and then add to the frying pan, covering the onions, mushroom and peppers.

04

Add your cheese so that it starts to melt. Flip over so that it is completely cooked on both sides and then serve.