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| **1.Get ready**  A picture containing food, indoor  Description automatically generatedWash your hands.  Set out your ingredients. | A picture containing indoor  Description automatically generated  Weigh out and grate the cheese. | A picture containing indoor  Description automatically generated  Whisk the eggs and milk together in a jug. Add the cheese and season with salt and pepper. |
| **2. Prepare the filling**  A picture containing indoor, eaten  Description automatically generated  Cut the bacon into cubes. | A picture containing indoor, vegetable, fruit, fresh  Description automatically generated  Cut the tomato into chunks. | A plate of marshmallows  Description automatically generated with low confidence  Slice the mushrooms. |
| **3. Cook the filling**  A picture containing dish, food, sashimi, indoor  Description automatically generatedPlace a frying pan over a medium heat, fry the bacon for 3 minutes or until cooked; tip onto a plate lined with kitchen paper | A picture containing food, bowl, pan, indoor  Description automatically generatedHeat the oil and fry the mushrooms for 2 minutes. Add the tomato. Place on to a plate and add the bacon. | **4. Make the omelette**  A pan of food  Description automatically generated with medium confidenceMelt the butter in the pan. Pour in the egg mixture so that it covers the base of the pan. |
| Cook the egg on a medium heat until the edges begin to cook and set.  Using a spatula push the cooked egg into the centre of the pan. The uncooked egg will run to the sides. Repeat until all the egg is cooked | A pan of food  Description automatically generated with low confidence  Spoon the filling to one half of the omelette and gently flip the other half over the top. | A plate of food  Description automatically generated with low confidence  The finished omelette! |

**Breakfast Omelette**

**Ingredients List**

**Serves 1**

2 eggs

2 tbsp milk

30g Cheddar Cheese, grated

A knob of unsalted butter

Salt and pepper

*For the filling:*

2 rashers of bacon, de-rinded

1 tomato, cut into chunks

1 tsp of sunflower oil

30g mushrooms, sliced

**Costings**: £1.80 per serving (average supermarket pricing, March 2022)

**Substitutions:** omit the bacon for a vegetarian option or change up the fillings for any of your favourites!

**Nutritional Information:**

Eggs will give you lots of strength. Mushrooms are good for your heart and keeping things like colds away. Cheese gives you calcium, which is great for growing your bones.

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| **Calories Kcal** | **526** |
| **Fat** | **41.9g** |
| **Saturated fat** | **19.6g** |
| **Carbohydrates** | **8g** |
| **Protein** | **51.5g** |
| **Sugar** | **5g** |
| **Salt** | **1.6g** |
| **Fibre** | **2.3g** |