

# Easy Omelette



|                   |          |
|-------------------|----------|
| Preparation time: | 5 mins   |
| Serves:           | 1 person |
| User Rating:      | ★★★★☆    |

Publication: 25 March 2020  
Categories: Quick & Easy, Breakfast Recipes, Vegetarian

An omelette is a fast, easy and healthy meal that can be as simple or gourmet as you want to make it. This recipe is a simple two egg omelette that anyone can master, even those who claim they can't cook.

Once you're comfortable making this version, we recommend adding some extra ingredients like ham and cheese, mushroom and shallots, or avocado and tomato salsa to jazz it up and make a more impressive meal.

A crucial part of omelette making that's often overlooked is the size of the pan that you cook with. If your frying pan is too small, you'll end up with a small, thick omelette and if you use a large pan the surface area will be too large and the omelette hard to fold. For a two egg omelette, we recommend a medium sized pan with a diameter of about 20cm.

When you have mastered this basic omelette recipe, check out some of our more gourmet omelette recipes at the bottom of this page.



## Ingredients

- 2 eggs
- 2 tablespoons (30ml) of milk
- 1 heaped teaspoon of butter

- Salt and pepper

## Method

1. Crack the eggs into a bowl, add the milk, season with salt and pepper and beat the mixture with a fork or whisk.
2. Heat a medium sized pan over a medium heat and add the butter, allowing it to melt. Swirl the butter around the base of the pan to coat evenly.
3. Add the egg mixture to the pan and as it begins to cook, use a spatula to push cooked parts from the edge to the centre of the pan. As you do this, tilt and rotate the pan to allow the uncooked egg mixture to flow into empty spaces.
4. When the eggs are almost set on the surface but still look moist, slide the spatula under one side of the omelette and fold over in half to create a semi-circle. If you want to add extra fillings like cheese, ham or mushroom, do so before folding the omelette in half and only sprinkle them over one side of the omelette. Then flip the unfilled side over onto the filled half.
5. Let the folded omelette cook for a further minute (less if you like the centre soft and a little runny, or more if you like it cooked through), then slide it out of the pan and onto a plate. Serve and eat immediately.

## Notes

You can get adventurous with your omelette fillings and you might want to create a filling station when cooking for family or hosting brunch. Try adding ingredients such as:

- Cheese
- Tomato
- Ham
- Shallots
- Pan fried mushrooms
- Avocado
- Smoked salmon
- Olives

If you do this, always prepare the filling first. Omelettes cook very quickly so any fillings need to be chopped up and ready to go before starting the eggs.

Pieces should be chopped finely to prevent tearing when the omelette is folded in half. If you decide to add meat like prawns or chicken to the omelette, they must be cooked beforehand.

Omelettes are best cooked one at a time and served immediately. The ingredients can be easily doubled or tripled to cook for more people but the larger the omelette becomes, the harder it is to flip.

## Nutritional Information

| Serving size | Energy                         | Protein      | Total fat    | Saturated fat | Carbs (total) | Carbs (sugar) | Sodium       | Fibre       |
|--------------|--------------------------------|--------------|--------------|---------------|---------------|---------------|--------------|-------------|
| <b>118g</b>  | <b>715kJ</b><br><b>171kcal</b> | <b>12.2g</b> | <b>12.6g</b> | <b>5.4g</b>   | <b>2.3g</b>   | <b>2.1g</b>   | <b>220mg</b> | <b>0.1g</b> |
|              |                                |              |              |               |               |               |              |             |
|              | Vitamin D                      |              |              |               |               |               |              |             |
|              | <b>5.2µg</b>                   |              |              |               |               |               |              |             |

All nutrition values are per serve.