**Sally’s Drawer**

**Savoury Omelette**



**Ingredients**

**2 free range eggs**

**2 tablespoons water**

**1 teaspoon butter (or olive or coconut oil)**

**1 grind of salt**

**1 grind of pepper**

**1/3 to a cup of filling, such as onion, ham, mushroom, grated cheese, tomato, spicy potatoes, baby spinach leaves, broccoli, leftovers or any combination of these that appeals.**

**Method**

**1. Cook your filling(s) first, as the omelette cooks quickly and the filling(s) need to be ready. Chop onion finely. Mushrooms, ham, etc., need to be chopped and cooked through. If using tomatoes, they need to be cooked so that there is no excess liquid. Keep the fillings warm, ready to add into the omelette.**

**2. Heat a little butter in a non-stick omelette pan over medium-high heat.**

**3. Whisk eggs, water, salt and pepper until well blended and frothy.**

**4. Pour mixture into pan. It should start to set at the edges straight away.**

**5. After about 20 seconds, start to ease the edges inwards with an egg turner or spatula so that more of the egg mixture contacts the pan.**

**6. Tilt the pan or move the egg mixture around so that the whole omelette sets.**

**7. Once the whole omelette is set and no liquid remains on top, add the warm filling(s) to one half of the top of the omelette.**

**8. Use an egg-turner or spatula to fold the other half of the omelette over on-top of the filling(s).**

**9. Slide the omelette out onto a plate. Serve with salad, sauce or enjoy on its own**.