

GF Friendly

Spanish Omelette

Omelette with fried vegetables and tomatoes

This is a standard omelette, but with vegetables fried in the pan before adding the egg.

- 3 large or 4 small eggs
- 1 Tbsp milk
- salt & pepper (optional)
- 2-3 cups vegetables of choice; for example:
 - ¼ chopped onion
 - ¼ thinly sliced capsicum
 - 1 peeled and sliced mushroom
 - 1 peeled and thinly sliced carrot
 - 1 chopped cabbage leaf
 - ¼ thinly sliced chilli
- 6 cherry tomatoes, or a larger one cut small
- 2 Tbsps olive oil (or other cooking oil)
- 25 g margarine or butter



Beat the eggs in a bowl with the milk, and salt and pepper if used; then set aside. Prepare all of the vegetables as above; and if using cherry tomatoes, cut them in half – a larger tomato can be quartered and sliced.

Preferably, you will need a large frying pan with a lid. Heat the oil with the margarine or butter until just sizzling; then begin frying the hard vegetables like the carrot and onion first to soften slightly. Add the rest of the vegies including the cabbage, but leave the tomatoes for the moment. Arrange the contents of the pan to distribute them evenly and turn the heat down to low. Give the egg mixture a final light beat before carefully pouring it over the vegies. Dot the tomatoes on the top, put the lid on, and cook until the egg is set in the middle and starting to puff up. Consign to a warmed oven if making more than one omelette.

Serves 2 with salad and chips or fried potatoes

Tip: A heat diffuser placed between the burner and the pan base makes for a better omelette and prevents burning.

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