

GF Friendly

Scrambled-egg Omelette

A fluffier version of Spanish omelette

A relatively quick and easy meal. Aside from the eggs I used what was to hand, including a piece of cooked chicken from the freezer and a half-tomato left over from lunch. You can put in whatever you fancy, but try to avoid smoked sausage like salami as this has fat which will make the omelette greasy. Extra vegies instead of the meat can be substituted.

- 3 eggs
- 1 dessertspoon cornflour (corn starch)
- milk
- a shake** of Chinese five spices (optional)
- salt and pepper (optional)
- ½ tsp turmeric (optional)
- ½ tomato, sliced
- 1 cup-mushroom, peeled and sliced
- 1 cup cooked chicken, cut into small strips
- 1 Tbsp olive oil, or other



Scramble 2 of the eggs with a little milk; and shake in some seasoning, or not if you prefer. Take this stage to the point where there is still some moisture in the eggs.

Prepare the meat and slice any vegies thinly so that they are softer when cooked. Put all of these in with the scrambled eggs and combine gently. Mix the cornflour with a little milk and beat this up with the remaining egg; then combine carefully with the scrambled-egg mixture.

Fry on medium low in a covered frying pan until the egg has set. A heat diffuser will prevent overcooking the base (see Handy Hints – Stove top tips). The omelette can also be baked in the oven on 160°C fan-forced (175°C conventional) for about 20 minutes, or until just browning.

Serves 2 with chips and salad

if the cooked meat is out of the freezer, don't freeze

Tip: I lined the frying pan with baking paper (see Handy Hints – Cooking). This uses less oil and the clean-up is easier.

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