

Cottage Cheese Omelette

A fluffy versatile omelette with cottage cheese

My wife came up with this idea which, needless to say, we adapted as we went along. The addition of cottage cheese made it softer than the usual omelette, and as I folded it prior to serving it tended to break up. Not that this mattered because it tasted great. The topping can be whatever you like – I chose tomato and stuffed olives.

- 2 eggs
- 1 heaped Tbsp cottage cheese
- 1 Tbsp milk
- ¼ tsp salt (optional)
- ¼ tsp turmeric
- ¼ tsp black pepper
- 1 tomato, sliced and quartered
- 8 stuffed olives, cut in half
- 1 Tbsp olive oil, or other cooking oil



Prepare the topping ingredients. Beat the eggs in a bowl with the turmeric, salt and pepper; then beat in the cottage cheese, mashing with the back of a fork to break up any big lumps.

Preferably use a frying pan with a lid. I lined mine with baking paper (see Handy Hints HH53 Frying with Paper) so there's less chance of the omelette sticking, and it makes cleanup easier.

Spread the olive oil evenly in the pan and warm slightly over a medium-low heat. Pour in the egg mixture, tilting the pan to ensure it meets the edge of the pan. Now dot on your topping. Cover and fry until the egg has set, turning the pan occasionally to ensure the omelette cooks evenly.

Serves 2 with chips and/or salad

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