



Omelette with Mushrooms and Toast



Ingredients:

Omelette
(This recipe makes 4 portions of about 60g)
4 large eggs
2 tablespoons water
2 teaspoons butter

Mushrooms

(This recipe makes 4 portions of about 40g)
350g mushrooms


Method:

Mushrooms:

1. Wipe the mushrooms and slice.
2. Heat a non-stick frying pan and when hot, add the mushrooms, turning until they are browned and cooked through.

Omelette:

1. Break the eggs into a jug or mixing bowl.
2. Add the water to the eggs and beat together using a fork.
3. Heat an omelette pan or frying pan over a medium heat.
4. Add the butter to the hot pan and as soon as it sizzles, swirl the pan and add the egg mixture. Do not allow the butter to brown.
5. Allow the egg mixture to cook until the omelette is set.
6. Fold the omelette in half and serve.



The portion sizes shown in the photo meet the needs of an average 5-11 year old.

Omelette	60g
Mushrooms	40g
Wholemeal toast	30g
Vegetable fat spread	4g
Orange juice	150ml

Serve with a slice of wholemeal toast with vegetable spread and 150ml orange juice



Recipe:

<http://cptportal.cumbria.nhs.uk/SiteDirectory/ChildrensServices/Public%20Health/Healthy%20weight%20programme/SESSION%20%20Eating%20Well/Session%20%20Additional%20Resources/CHEW-5-11-BREAKFASTS.pdf>