





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

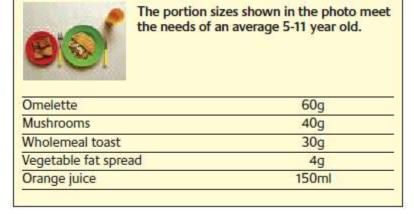
Method:

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.



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%202%20Eating%20Well/Session%202%20Additional%20Resources/CHEW-5-11-BREAKFASTS.pdf