



OMELETTE

Ingredients

For 1 omelette

2 large eggs

Half red pepper

Half zucchini

50ml of tomato sauce

50g grated cheese

1/4 tsp butter

Steps

- 1.** Precook the red pepper and zucchini with the tomato sauce.
- 2.** Then, once they are ready, melt the butter in a frying pan. Beat the eggs with a fork and season with salt and pepper. Add the mixture to the pan. When it starts to firm up, but still has a bit of raw on top, add grated cheese and vegetables over.
- 3.** Using a flat spatula, ease the edges and turn it over onto the other side. The other side will cook quicker (1-2 minutes).
- 4.** When it is done, place a large plate on top of the pan and flip the omelette as fast as you can.