



SIMPLE CHEESE OMELET

SERVES 1 | 10 MINUTES

This is a great quick meal at any time of the day. Eggs are a fantastic, affordable source of protein, helping our muscles to grow and repair and helping us to feel fuller for longer. Serve your omelet with whole wheat bread and a simple tomato salad for a healthy, balanced meal.

JAMIE OLIVER'S FOOD REVOLUTION

Jamie is urging all of us to cook for our lives. This recipe is one of Jamie's 10 Food Revolution recipes that together can teach us all the skills we need to feed ourselves and our families good, nutritious food for years to come. For all 10 recipes go to jamiesfoodrevolution.org and celebrate the power of fresh, healthy, real food.

INGREDIENTS

- 2 large free-range eggs
- olive oil
- ¼ ounce Cheddar cheese

EQUIPMENT

- Mixing bowl
- Small non-stick frying pan
- Box grater
- Cutting board
- Measuring spoons
- Spatula

JAMIE'S TOP TIPS

- 1 Omelets don't always need to be folded in half with the filling inside, you can leave the omelet open and sprinkle over your favorite ingredients before finishing it under a hot broiler until it's bubbling and delicious.
- 2 A non-stick pan makes cooking an omelet much easier – they're not too expensive and if you are going to get into making omelets it's a great investment.

STEP-BY-STEP

