

Cheese and Tomato Omelette

This delicious omelette is packed full of comforting flavors and is ready in a jiffy. Perfect for a light lunch or breakfast on the go.



Main Dish

10 min

Total time

Easy

Difficulty

212

kcal / serving

Ingredients

- 1 egg, 1 tsp of butter, 2 tbsp of grated cheese, 2 tsp of finely diced tomato.

Steps

- 1 Begin by melting butter in a medium sized non-stick frying pan, over medium heat.
- 2 Once the butter has melted, crack the egg into the centre of the pan and sprinkle the diced tomatoes over the top.
- 3 Reduce the heat to medium-low and sprinkle the grated cheese over the top of the egg and tomato mix. Allow to cook for a few minutes until the cheese has melted around the edges of the omelette.
- 4 To finish, use a spatula to carefully flip the omelette over and cook on the other side for another 1-2 minutes until lightly golden.
- 5 Serve with a green salad for a tasty and healthy meal.