



CHEESY MUSHROOM & PARSLEY OMELETTE



SERVINGS:
1 ADULT



TIME:
15 MINS



DIFFICULTY:
EASY



COST:
££££

Ingredients:

- 1 tsp olive oil
- Handful of mushrooms (button or chestnut), washed and sliced
- 25g grated cheddar
- A small handful of parsley, roughly chopped
- 2 eggs, beaten with a pinch of black pepper

Method:

1. Heat the olive oil in a small non-stick frying pan
2. Add the mushrooms and fry over a high heat for 3-4 mins
3. Once cooked, remove the mushrooms and place in a mixing bowl
4. Add the cheese and parsley to the mushrooms and mix to combine
5. Now add the beaten eggs to the frying pan and cook for 1-2 mins
6. Spoon the mushroom mix over one half of the omelette
7. Use a spatula to flip the omelette over to cover the mushrooms
8. Cook for another minute or so, until the cheese has melted
9. Serve with new potatoes and salad.