

# Ham, Onion & Pepper Omelette



**Preparation:** 10 mins

**Cooking:** 20 mins

**Serves:** 4

**Cost:** Under £7.00

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## Nutritional Information

Per 352g serving

Energy	346 kcal 1475 kJ	Carbohydrate	26.6g
Fat	15g	Sugar	6.3g
Saturates	3.7g	Salt	1.8g
Protein	28.1g	Sodium	729mg
NSP Fibre	3.3g		

*Read the full recipe on reverse >*

## Ingredients

- 8 Thin Slices (280g) Ham
- 4 (40g) Spring Onions
- 2 (320g) Peppers (Any Colour)
- 8 Eggs
- 4 Teaspoons (12g) Vegetable Oil
- 12 Average (480g) New Potatoes

## Tips

**Time Saver Tips:** Why not make a supersize omelette in one pan, grill to cook through, then cut into quarters? It's so much quicker than making lots of smaller omelettes!

**Cost Saver Tips:** Canned ham is often cheaper than sliced ham. Or you can really make this recipe your own by adding any leftover meat or vegetables you have. A tasty way to save! You can also use any type of potato, boiled or baked - leaving the skins on can also help boost fibre - bonus!

**Tips for Kids:** To make this a real family favourite, you could try adding your little one's favourite fillings - like mushrooms, sweetcorn or tuna. Or why not serve with a side salad or additional vegetables, to boost that five a day? For variety, you could swap the meat for fish or extra vegetables.



## Method

1. Wash the new potatoes, add to a pan of boiling water and simmer until tender.
2. Wash the peppers and spring onions. Chop the ham, peppers and spring onions into small pieces and mix together in a bowl.
3. Add 1 teaspoon of oil to the frying pan and heat to medium hot.
4. Add the ham, spring onions and peppers to the pan and cook for 5 minutes then pour onto a plate.
5. Crack 2 eggs into a bowl or cup and beat with a fork. Pour into the frying pan and stir until the egg starts to set.
6. Turn down the heat and add one quarter of the filling.
7. Cook until the egg is set then fold the omelette over in the pan.
8. Repeat steps 3, 5, 6 and 7 to make another 3 omelettes. Serve hot with boiled new potatoes.

### Allergy Disclaimer

Always check the label of each ingredient for allergy warnings.