



MUSHROOM OMELETTE serves 1

- 2 large eggs, preferably free-range or organic
- sea salt and freshly ground black pepper
- 2-3 nice field-type mushrooms
- a small knob of butter
- olive oil
- optional: a small handful of grated Cheddar cheese

To make and serve your omelette

Crack the eggs into a mixing bowl with a pinch of salt and pepper • Beat well with a fork • Quarter or roughly chop the mushrooms and add to a small frying pan on a high heat with a small knob of butter, a drizzle of olive oil and a pinch of salt and pepper • Fry and toss around until golden, then turn the heat down to medium • Add your eggs and move the pan around to spread them out evenly • When the omelette begins to cook and firm up, but still has a little raw egg on top, sprinkle over the Cheddar, if using • Ease around the edge of the omelette with a spatula, then fold it in half • When it starts to turn golden brown underneath, remove the pan from the heat and slide the omelette on to a plate

