

OMLETTE

A recipe made in a mug,
that can be cooked
in the microwave!



Recipes in a

MUG

INGREDIENTS

- 2 tsp oil
- 2 large free-range eggs
- 1 tbsp milk
- 25g Cheddar cheese, grated
- 1 medium tomato, de-seeded and chopped
- 1 small spring onion, finely chopped
- Salt and pepper.

HOW TO MAKE IT

1. Grease the mug with the oil, using a pastry brush or a piece of kitchen roll dipped in the oil.
2. Crack the eggs into the mug, add the milk and whisk with a fork.
3. Add the filling ingredients, i.e. cheese, tomato and spring onion, with a pinch of salt and pepper. Whisk again.
4. Place the mug in the microwave and cook on full power for around 1 minute 40 seconds. It might take less time or a bit longer for the eggs to cook, so microwave for a 20 second burst, stir the eggs gently to mix and then repeat this process until the eggs are set. Leave the eggs to stand for a minute and then serve.

**Perfect for quick, tasty
treat to serve one.**



Allergy Aware

Eggs
Milk
Cheese.



EAT WELL

HEALTHY BODY, HEALTHY MIND

- Eggs are a natural source of many nutrients, including protein, vitamin B and vitamin D.
- They are also good for brain development and a great energy source.

LEFTOVERS AND REDUCING WASTE

- The ingredients are flexible to suit what you've got in your fridge and cupboards.
- Get the children involved - they are more likely to eat what they have chosen and cooked themselves.

SHOPPING

- Check the date-mark that is printed onto each egg.
- If you don't need a full block of cheese for a recipe see if the ready grated options are cheaper or, alternatively, grate the leftover block and freeze for next time. Cheese keeps in a freezer for six-months.

USING YOUR STORE CUPBOARD

- Eggs
- Oil
- Block of Cheddar cheese.

COOKING TOGETHER

Involve younger children and older people in:

- chopping the vegetables
- cracking the eggs
- grating the cheese
- weighing and measuring
- seasoning and tasting
- presenting and serving.

GROWING SUGGESTIONS

- Tomatoes and spring onions can be easily grown at home in pots or containers in a sunny spot.

SKILLS

- Cutting
- Weighing and measuring
- Grating
- Whisking
- Cracking eggs
- Using the microwave.

MIX UP FLAVOURS!

- **Spring vegetables that can be added:** Spring greens, sprouting broccoli.
- **Summer vegetables that can be added:** green beans, courgettes.
- **Autumn vegetables that can be added:** mushrooms, sweetcorn.
- **Winter vegetables that can be added:** leeks.

Store-wise

This omelette is best eaten straight away but can be chilled in the fridge for up to 24 hours and then served cold.