

# We are ready.....

## Savoury omelette



### Suggested portion

### Size for recipe

1-2 years - 60g

3-4 years - 80g

### Ingredients - Serves 5

New potato	50g (1)
Onion, peeled	30g ( $\frac{1}{2}$ small)
Fresh, mixed peppers	30g
Eggs	250g (5 eggs)
Vegetable oil	$\frac{1}{2}$ tablespoon

### Method

1. Wash and chop the potato, onion and pepper. Boil in unsalted water until cooked. (Approximately 10 minutes)
2. Drain the water from the potato and leave to cool then dice.
3. Crack the eggs into a mixing bowl and beat.
4. Heat the oil in a frying pan and add the onions and peppers. Cook until soft.
5. Add the diced, cooled potato and pour the egg over the ingredients.
6. Cook until the eggs are set and the base is golden then finish cooking under the grill.