



Happy Cooking, Healthy Living



Follow the link for more helpful information:

 <https://www.nhsggc.scot/your-health/public-health-nutrition/>

Vegetable Omelette

Ingredients (Serves 1)

- Selection of vegetables such as onions, peppers, mushrooms, peas, broccoli etc, chopped
- **2** eggs
- 'Splash of milk' (approx **50ml**)
- **1** teaspoon vegetable oil
- Season to taste

Equipment Needed

- Chopping board
- Sharp knife
- Microwaveable container or bowl
- Spoon or fork
- Sieve

Tip

Remember to wash your hands after touching raw eggs



Cook Time

4 minutes

Method

1. Wash and chop vegetables.
2. Place selected vegetables into a microwaveable container and stir in vegetable oil.
3. Microwave on HIGH (800W) for 2 minutes.
4. Remove. Add the eggs and milk. Mix together.
5. Microwave on HIGH (800W) for 2 minutes.



Allergy Information:

Recipe contains egg and dairy