

Recipe of the week

Traffic Light Omelette

Ingredients

- 2 tsp Olive oil
- 1 red pepper
- 1 yellow pepper
- deseeded and chopped
- 6 spring onions chopped
- 8 Eggs
- 4 tbsp milk
- Pinch of ground black pepper

Step 1

Heat 1tsp olive oil in a non-stick pan. Add the peppers and spring onions and stir-fry for 3-4 minutes until soft. Tip them out of the pan into a bowl. Wipe out the pan with kitchen roll.

Step 2

Beat the eggs & milk together. Heat oil in no-stick pan and pour in one quarter of the egg mixture. Let it flow over the surface and cook for 1-2 minutes to set the base.

Step 3

Sprinkle one quarter of the pepper mixture evenly over the base, then grill for 1-2 minutes. Slide on to a warm plate. Repeat with the remaining mixture to make 4 omelettes.