

Open Omelette

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Ingredient <i>(Red = optional)</i>	Amount for one	Your variation
Eggs	3	
Butter	10g	
Chorizo (approx .25cm thin slices)	50g	
Herbs de Provence	1tsp	
Frozen grilled mixed veg (Waitrose)	150g	
Olive oil	1tsp	
Potatoes <i>(unpeeled)</i>	150g	
<i>Paprika</i>	1tsp	
<i>Parsley</i>	1tsp	
<i>Grated cheddar</i>	20g	
TIP: Remove skin of sliced Chorizo		
TIP: Don't turn the omelette over		



Prep Time minutes	Cook time minutes	Your revised time
15	18	<input type="text"/>

Tools that help

- Scales
- Small frying pan/skillet
- Whisk
- Timer
- Turner
- Sharp knife
- Cutting board
- Mixing bowl
- Spatula
- 16cm saucepan
- Sieve
- Kitchen roll
- Cheese grater

Prep Instructions

1. Boil .5 litres of water in the saucepan
2. Cut potatoes into 2cm chunks
3. Cook in boiling water for 9 mins heat 7 (just softening)
4. Drain off the water with a sieve
5. Let them dry a bit in sieve over the pan off the heat
6. Add olive oil to frying pan
7. Turn the frying pan on to heat 6 for 5 minutes
8. Break 3 eggs into a bowl and add salt & pepper
9. Whisk until you can't see white bits then stop

All recipes are based on using an induction hob, fan oven and microwave set at 1,000

All prepared? Start timer at:	18
Add Chorizo to the frying pan	18
Add potatoes to the frying pan	17
Turn every few minutes for 10 minutes	17-5
Add frozen grilled veg to the pan	9
Add Herbs de Provence and Paprika	8
Put plate in the microwave for 2 mins	7
When potatoes start to crisp transfer contents of pan to the heated plate	5
Wipe the empty pan with kitchen roll, add the butter and return to the heat	5
Put another clean plate in the microwave for 2 mins	4
Pour eggs into the frying pan when the butter stops foaming <i>(eggs should sizzle)</i>	4
Spread the eggs around the pan and keep sliding the omelette round the pan	3
When eggs set but centre still a bit soft add the veg gently from the plate	1
Sprinkle the grated cheese and Parsley	1
Increase the pan heat to 7	1
Check that omelette bottom has browned	1
Slide whole omelette onto heated plate	0