

Omelette with bacon myinheritedkitchen.co.uk

Ingredient <i>(Red = optional)</i>	Amount for one	Your variation
Eggs	3	
Butter	10g	
Smoked Back Bacon	2 Rashers	
Herbs de Provence	1 tsp	
Salt	1/4 tsp	
Pepper	1/2 tsp	
TIP The microwave makes crispy bacon which shrinks a lot but tastes great		
TIP: The omelette is best when a bit soft so try to avoid overcooking		



Prep Time minutes	Cook time minutes	Your revised time
5	8	<input type="text"/>

Tools that help

- Scales
- Small frying pan/skillet
- Whisk
- Timer
- Turner
- Sharp knife
- Cutting board
- Bowl
- Spatula
- Microwaveable plate (*Sistema*)

Prep Instructions

1. Put the butter in the pan
2. Turn on the frying pan to heat 6 for 5-8 minutes
3. Spread the melted butter evenly around the pan
4. Break 3 eggs into a bowl and add salt & pepper
5. Whisk until you can't see white bits then stop
6. Cut each bacon rasher roughly into 4 pieces
7. Put the bacon onto a microwaveable plate with a tray and cover

All prepared? Start timer at:	8
Put the bacon into the microwave	8
Start the microwave for 3 min 15 sec	8
Remove bacon from the microwave	4
Put plate in the microwave for 2 mins	4
Pour eggs into the frying pan when the butter stops foaming (<i>eggs should sizzle</i>)	3
Gently move the pan to spread out to the uncooked areas	3
Evenly add the herbs de Provence	2
Push cooked egg towards the centre of the pan with a spatula	2
When eggs set but centre still soft put the bacon in the middle of the omelette	1
Increase the pan heat to 7	1
When the bottom browns fold in half with the turner	1
Slide omelette onto the warmed plate	0

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