Community Integrated Care®

No-Waste Omelette!

CARE TO COOK

What you will need



Leftover vegetables



Leftover cooked meat



4 plum tomatoes



3 eggs



Oil or Butter



Frying pan



Spatula



Whisk



Bowl



Apron

Method

Wash your hands and put on your apron.



Heat a non-stick frying pan over medium heat.



Crack three eggs into a bowl.



Whisk the eggs until yellow in colour.



Add a small amount of oil or butter to a hot pan, add leftover vegetables and cook until soft.



Add the leftover vegetables to the pan and cook until soft.



Pour egg mixture evenly over the vegetables in the pan.



Cook the omelette for about 2-3 minutes.



Add the plum tomatoes and leftover cooked meat (ensure meat is ready to eat).



Lift the edges of the omelette with a spatula to check if the bottom is cooked and firm.



Once the bottom is cooked, you can flip the omelette over or fold it in half using the spatula.



Cook for another 1 -2 minutes until the omelette is fully cooked.



Move the omelette onto a plate and serve hot.

