

Recipes

Mini baked omelettes

(Makes 6)

Cost: around 70p for 6 mini baked omelettes so about 12p each

You will need:

A lightly greased muffin tray or cake tray

2 eggs

50g grated cheese

100ml milk

Pinch herbs



Your choice of filling – I chose 3 tablespoons frozen peas and 1 spring onion, washed and finely sliced *

1. Crack the eggs into a bowl and whisk.
 2. Add the grated cheese and Add the milk, stir.
 3. Place the peas and spring onion into 6 compartments of the muffin tray in equal portions.
 4. Top with the egg and cheese mix equally in to each of the 6 compartments – ensure an equal amount of cheese goes in to each one.
 5. Add a sprinkling of dried herbs to the top of each one.
 6. Bake in an oven for 20 mins at 180°C/gas mark 5.
 7. Serve hot or cold – we could not wait, and had ours straight away!
- Other ideas include sweetcorn (3 tablespoons), onion (2 spring onions), tomato (3 cherry tomatoes, halved) - use whatever you have in your fridge/cupboard/freezer.