

Cheese & Tomato Omelette with wedges, beans, sweetcorn & salad (1 Portion)

<u>Ingredients</u>	<u>Qty</u>
Cheese (grated/thinly sliced)	50g
Baking potato	½
Cucumber (washed)	¼
Beans	140g
Cherry Tomatoes (washed, chopped/sliced)	2-3
Sweetcorn	120g
Eggs	2
Milk	100ml
<u>Optional</u>	
Oil	1-2 tsp



Allergens

This dish contains: **Milk & Egg.**

Method

1. Cut potato in half and then cut each half into 6 wedges, (refrigerate the other half of the wedges in a bowl covered with water sealed with clingfilm). Place wedges in boiling water and simmer for 2-3 minutes. Drain thoroughly, place on a baking tray, (optional, brush with vegetable oil) and bake in oven at approx. 180 degrees (gas mark 4) for 20-25 minutes or until cooked.
2. When wedges are almost cooked, crack 2 eggs and mix with some of the milk and whisk with a fork.
3. Heat a tsp oil in a small shallow frying pan (dry fry if no oil is available) and add the egg/milk mix on a low to medium temperature so that the pan is coated. Leave the mix for a couple of minutes until it starts to cook/set. Using a spatula type utensil, you can move any excess liquid around the pan until it cooks. When omelette becomes firm add the chopped tomatoes and grated cheese until cheese begins to melt.
4. Once cheese starts to melt, fold the omelette over in half.
5. Serve the omelette with the potato wedges, the chopped cucumber and tomatoes and the beans and sweetcorn heated as per manufacturer's instructions.

Dessert: (contains **Milk**)

Yoghurt & piece of fruit

Drink:

200ml cup of milk