

## Chive & cheese omelette

Serves 2

**4 eggs**

**1/2 cup water**

**1tbsp chives**

**1/2tsp salt**

**dash of pepper**

**1tbsp butter**

**1/2 cup grated cheddar cheese**

**1** Mix eggs, water, chives, salt and pepper with a fork.

**2** Heat the butter in 10-inch omelette pan until just hot enough to sizzle a drop of water.

**3** Pour in half of the egg mixture. The mixture should set at the edges at once.

**4** With an egg-lift, carefully draw cooked portions at edges toward centre, so the uncooked portions flow to bottom. Tilt the pan if you need to. Slide the pan rapidly back and forth over the heat to keep the mixture in motion and sliding freely.

**5** While the top is still moist and creamy-looking, sprinkle half of the cheese over half of the omelette. Fold over the other half of the omelette and turn out onto a plate.

Fat	38g	Carbs	.2g	Energy	462kcal
Protein	27g	Sodium	.5g	Fibre	0g

