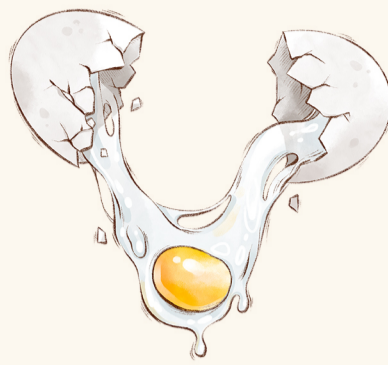


Hamlet's Omelette

What you need



- a non-stick or cast iron frying pan
- 1 table spoon butter
- 3 large eggs
- 1 teaspoon cream or full-cream milk
- 1/4 teaspoon salt
- 1/4 teaspoon black pepper
- 1 feather of green onions
- 5 olives
- a small red chilli pepper (optional)



How to make it

- 1) Chop up all of the vegetables.*
- 2) Drop butter onto the frying pan and heat over medium heat.*
- 3) In a bowl, beat the eggs together with cream/milk, salt and pepper until fluffy and bubbly.*
- 4) When the frying pan is hot (but not smoking), pour the egg mixture in.*
- 5) Once the omelette sets at the bottom but is still quite liquid on top, use a spatula to lift an edge of the omelette on one side and then, on the other side.*
- 6) Add chopped up vegetables to one half of the omelette.*
- 7) Once the omelette is set on top, use the spatula to fold half of the omelette over the vegetable-covered half.*



Your omelette is ready!