



Fresh Ideas Feeding Minds

Recipe to Try at Home

Cheese and Tomato Oven-Baked Omelette

This tasty recipe is from our Primary School collection and makes a filling lunch or dinner using a handful of fresh ingredients. If you don't have any tomatoes, chopped peppers and frozen peas work just as well!

Serves 4

Ingredients

12ml	Vegetable Oil
100g	Fresh Tomato – chopped
5 x	Medium Eggs – beaten
200ml	Milk
100g	Cheese – grated
Pinch	Salt and Pepper

Method

1. Preheat the oven to 180°C or Gas Mark 4.
2. Heat the oil in a frying pan over a moderate heat and add the tomatoes and cook for 3-4 minutes, stirring until soft.
3. Remove the tomato from the heat and place in the bottom of an oven-proof glass or ceramic dish.
4. Beat the eggs and milk together and lightly season.
5. Pour the egg mixture over the top of the tomatoes and then sprinkle the cheese on top.
6. Place in the oven for approximately 20 minutes or until the omelette is firm and golden in colour.

Delicious as a meal served with salad and potato wedges!

