

# Omelette with salad

## Ingredients

1 egg

1 Tablespoon milk

Grated cheese to taste

Salt and pepper to taste

Add any ingredient you like (grated pumpkin, onion, tomato, bacon)

Lettuce

Tomatoes

Cucumber

Spring onion

Carrot

Herbs

## Method

1. Half fill a saucepan with water and put on the stove once the water boils turn the heat down to a simmer.
2. Put a plastic snack bag into a cup with the edge turned over the edge of the cup.
3. Break an egg into the plastic snack bag add the milk then the ingredients you are using.

4. Season with salt and pepper. Seal the bag, make sure it is sealed shut, squeeze the egg mixture until it is mixed, should take about 5 mins, and make sure the egg is completely mixed.
5. Set aside while you make your side salad.
6. Use any ingredients you like to make your salad, you could also add apple or pear.
7. Once your salad is ready put your sealed bag of egg mixture into your saucepan of water cook for approx. 10 mins, pick the bag up with tongs to make sure it is cooked.
8. Once cooked turn out onto your plate next to your salad.