

Ham and veg omelette

Ingredients

- 2 eggs
- 1 tsp vegetable oil
- 1 tsp butter
- 2 pieces of ham
- $\frac{1}{4}$ of two different coloured peppers
- 1 spring onion
- Handful of spinach

Method

1. Cut up peppers, spring onion and spinach.
2. Shred or cut the ham up roughly.
3. Crack and whisk eggs
4. Season the beaten eggs well with salt and pepper. Heat the oil and the butter.
5. Fry the peppers for a few minutes.
6. Add the spring onion, ham and the spinach.
7. Pour the eggs into the pan, let the mixture cook for about 20 seconds then scrape a line through the middle with a spatula.
8. Tilt the pan again to allow it to fill back up with the runny egg. Repeat once or twice more until the egg has just set.
9. Serve