

Omelette



Ingredients



¼ cup chopped tomatoes

2 large eggs



½ cup baby spinach leaves



¼ cup chopped mushrooms



1 tablespoon grated cheese

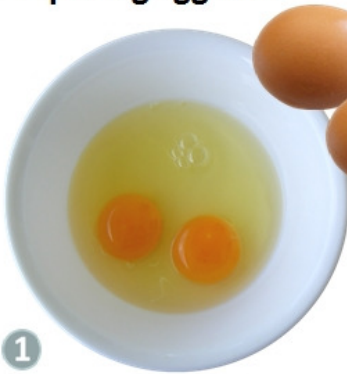


canola oil spray

Equipment

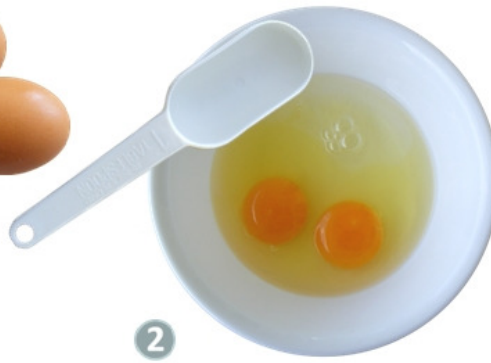


Preparing egg mix



1

Crack 2 eggs into a bowl



2

Add 1 tablespoon of water



3

Whisk eggs and water with a fork

Cooking



4

Spray pan with canola oil and heat



5

Add egg mix



6

Cook egg mix



7 Add tomatoes, mushrooms, spinach and cheese



8 Cook until you can easily slide a spatula under the omelette



9 Fold the omelette over and cook



10 Flip omelette over and cook some more



11 Serve omelette



12 Garnish with baby spinach

Good food plate



Serves in the omelette

½ serve baby spinach



½ serve tomatoes



½ serve mushrooms



1 serve eggs



1/3 serve cheese

There is no need to print the following page when printing and using this resource

Health Professional Facilitator Information

You must at all times use your own professional judgement when using this resource

Purpose of resource:

To support the delivery of practical cooking and nutrition education sessions

Key skills:

This resource could be used to support development of the following skills:

- Independently follow a recipe.

Target group:

This resource is designed to be used by Australians of all ages.

Notes:

This resource is designed to be printed A3 size and then laminated.

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