



# ONE PAN OMELETTE

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My friend said to me the other day, "I wish I enjoyed cooking as much as you". It didn't take long before we realised that she doesn't actually hate cooking. She hates cleaning up the mess afterwards! If that's you, here's a tooth friendly recipe with minimal dishwashing - A pan, chopping board, knife, fork and bowl. That's all!

## Ingredients (Per omelette)

- ▶ 2x Eggs lightly whisked (add salt and/or pepper to taste)
- ▶ 3x Spring onion leaves
- ▶ 5 Button mushrooms
- ▶ 2x Baby capsicum or 1/4 large red capsicum
- ▶ 1 tsp. Olive oil
- ▶ 1-2x Rasher of bacon
- ▶ \*Sriracha sauce (optional)

## Method

1. Thinly slice mushrooms and capsicum
2. Slice spring onion leaves approx. 2-3cms in length
3. Using a non stick pan on medium heat, add olive oil and sauté mushrooms. Remove from pan.
4. Add bacon and cook until crispy.

5. Return mushrooms to pan and add capsicum and spring onion. Sauté for 3-4 mins or until spring onion has softened
  6. Pour lightly whisked eggs to cover pan. Place a lid on for 3 minutes
  7. Remove lid. Once the egg is no longer translucent, it is ready to serve.
- \*Add Sriracha as desired