

OMELLETE TOPPED WITH CAMELLISED TASTY BITS

Ingredients

12 eggs

150ml water

Salt and pepper

Crack eggs in large jug or bowl, add water, salt and pepper.

Whisk briskly.

Pre heat electric pan or fry pan and grease well with oil.

Pour in mixture and lightly push curds off sides.

When starting to cook all over put a lid on to seal top.

Turn off and cut to serve.

You choose if you would like to roll and slice, or cut in squares etc.

TASTY BITS

2 spring onions, sliced

2 cloves garlic crushed

1 piece chilli, deseeded and chopped extra fine

1 small piece ginger, chopped fine

1 piece cabbage, shredded

1 small bunch garlic chives, chopped

Sautee all ingredients except cabbage in hot oiled pan till fragrant and just changing colour.

Add cabbage and cook slightly.

Platter omelette on 1 plate per table and top with tasty bits.