

A Recipe for a yummy Omelette using Poplars Farm free Range Eggs

Preparation time 5 - 10 minutes

Cooking time 5 - 10 minutes

Serves One

Ingredients

- *3 Medium Poplars Farm Free Range Eggs*
- *Level teaspoon of dried mixed herbs such as Herbs de Provence*
- *50 g/2 oz grated strong cheddar cheese*
- *1 tablespoon olive oil*
- *Salt and freshly ground black pepper to taste*

To Prepare

- *Break eggs into bowl, add the herbs and seasoning. Whisk gently until all the ingredients are combined*
- *Add the olive oil to a frying pan and heat on a medium heat. When the oil is hot add the mixture to the pan*
- *Pull the mixture away from the edge of the pan towards the centre with a spatula and after 30 seconds or so mix further in the pan so as to firm up the mixture*
- *After another 30 seconds, add the cheese before the omelette is set so it heats up and is incorporated*
- *When the omelette is evenly cooked all over, use a spatula, to fold one half of the omelette over the other*
- *Cook each side for a further 15 to 30 seconds or so until each side is very light golden brown, the omelette can now be served with just about any vegetable or a fresh salad*