



OMELETTE

Healthy, quick and perfect for breakfast, lunch or dinner, omelettes are one of the most popular and versatile dishes out there.

With just a couple of eggs and a pinch of seasoning you can whip up a tasty meal in minutes, adding your own personal flair with a whole range of filling (and healthy!) ingredients.



Recipe & image supplied by the British Egg Information Service
www.eggrecipes.co.uk

Skill Check (as appropriate for each Key Stage):

Follow a recipe; follow food safety & hygiene rules; chop using the bridge/claw safely; crack an egg; beat an egg; use the hob (with adult supervision); tidy away.

Equipment: Bowl, teaspoon, fork, frying pan, spatula.

Ingredients (serves 1 child):

- 2 large British Lion eggs
- Drizzle of cooking oil
- Pinch of pepper
- 1 tsp cold water
- Optional fillings: Red pepper, mushrooms, tomatoes, onions, spinach, cheese, ham, salmon, tuna.

Method:

1. Take your eggs and crack them into a bowl – don't put them directly into the pan as you need to mix them first!
2. Add a teaspoon of water and a pinch of pepper before whisking with a fork until the white and the yolk are fully blended.
3. Bring your pan to a high heat and add oil so that the mixture doesn't stick.
4. Pour in your mixture and cook on a high heat for two minutes, making sure that mixture is spread out evenly.
5. As the egg begins to set, use a spatula to push the set egg towards the omelette centre. Add your optional fillings at this stage.
6. Cook the set omelette for another minute, then loosen the edges with a spatula and fold the omelette in half.
7. Tilt the pan and slide the omelette onto a warm plate and serve immediately.

FUN BREAKFAST FACT: *The largest omelette in the world was cooked up by 150 chefs in Portugal in 2012. It contained 145,000 eggs, 880lbs of oil and 220lbs of butter and weighed in at a whopping 6.466 tonnes! It measured over 10 metres in diameter.*

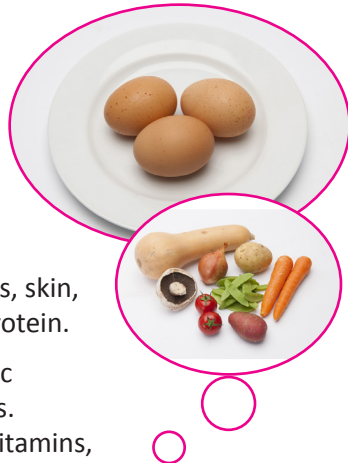


OMELETTE Nutrition Information

So, thinking about omelettes...

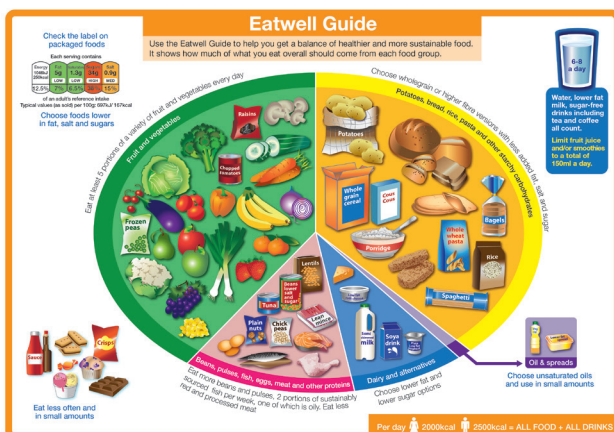
Eggs are an excellent source of protein, vitamins and minerals. Protein is essential for building and repairing our bodies; our muscles, organs, skin, hair and nails all contain protein.

Vegetables make a fantastic healthy filling for omelettes. They are crammed full of vitamins, minerals and things called phytochemicals which help us to fight diseases, and keep us fit and healthy.



Activity and Discussion Ideas

- Ask pupils to discuss the main ingredients and identify where they fit on the eatwell guide. Are there any food groups missing? Is there a good balance of the food groups? Is there anything the pupils would add to either the recipe, or the meal, to make it healthier or more balanced?



- Pupils might like to think of different filling ideas for their omelette. They could write out their recipes or draw a picture of their omelette with their favourite fillings in.

Energy, sugar, fat and salt per serving

Per 94g serving

	ENERGY 860kJ / 194kcal	10%
MED	FAT 15.8g	23%
MED	SATURATES 3.8g	19%
LOW	SUGARS 0.0g	<1%
MED	SALT 0.4g	6%

% of an adult's reference intake

Typical values per 100g : Energy 857kJ / 207kcal

Notes

A traffic light system is used on nutrition labels to make it easier to see which foods and drinks are lower in calories, fat, sugar and salt. Try and choose more 'greens' and 'ambers' and fewer 'reds', and stick to smaller portions of 'reds'.

Just because a recipe or a food has a red traffic light doesn't mean you shouldn't eat it. Understanding why a food or recipe might have a red light can be helpful. For example oily fish is high in total fat and so any recipe containing oily fish is likely to be 'red' for fat. But it is recommended that we eat oily fish at least once a week because the type of fat it contains is beneficial for our health.

% Reference Intakes are also shown. Reference Intakes are guidelines about the approximate amount of particular nutrients and energy required for a healthy diet (based on an average-sized woman doing an average amount of physical activity). Most children will require less than these Reference Intakes. The contribution of one serving of a food or drink to the Reference Intake for each nutrient is expressed as a percentage.