

Recipe For Country Omelette

Equipment Needed:

10-inch oven-proof omelet pan or baking dish*
Bowl
Whisk
Measure spoons
Knife
Cutting board
Plate

To Make The Recipe:

1 tbsp olive oil
2 tbsp white onion, chopped
1 cup broccoli, cut into small pieces
1 cup Yukon Gold potatoes, not peeled and cut into one in pieces
5 extra-large eggs
3 tbsp milk or milk alternative
1 tbsp unsalted butter
1 tbsp fresh dill, chopped
1/2 tsp sea salt
1/4 tsp black pepper

Preheat the oven to 350 degrees. Heat the oil in the omelet pan on medium heat and saute the onions for about one minute. Add the potatoes and cook until they are soft and brown (about 8 minutes). Sprinkle with some of sea salt and pepper. Meanwhile, beat the eggs in a bowl with the rest of the parsley, sea salt and pepper. Once the potatoes are cooked, remove from the pan and set aside. Lower the heat and add the butter to the hot pan. Pour the eggs into the pan. Sprinkle the potatoes and the broccoli evenly over the top. Place the pan in the oven and bake for 8-10 minutes or until the eggs are set. Remove from the oven and slide the omelette onto a plate. Cut in half and serve.

