

Ingredients

- 3 Eggs
- 20 gram Butter

Directions

Step 1

- Lightly beat 3 eggs with a whisk or fork until just combined.
- Season with salt and pepper.



Step 2

- Heat 20 gram butter in a 20cm non-stick frypan over medium-high heat.
- When it starts to foam, add egg and shake pan to distribute, gently stirring with a spatula or wooden spoon.
- As eggs begins to cook at the edges, use the spatula to draw cooked egg in towards the centre (without breaking up), allowing the uncooked egg to run towards the edge.



Step 3

- After 30 seconds, the egg should be just set but still soft. (You want a soft, creamy centre without too much liquid - it will keep cooking once it's removed from the heat).
- Add fillings down the centre of the pan, then use the fork or a spatula to fold one side of the omelette over the filling.
- Hold a warmed plate next to pan, then tilt pan at an angle and slide omelette onto the plate fold-side down.
- Sprinkle with grated cheese or parmesan if using and serve immediately.

