



Omelette

Ingredients :

4 Egg White

2 t chopped Herbs (Thyme, Coriander, Parsley and Chives)

30 ml Cream

Filling

2 whole Eggs

30 ml Cream

Salt and Pepper

Extras :

Smoked Salmon (*Supplier – Seashells 031 7056241*)

Cream Cheese

Method :

- 1) Lightly whisk omelette mixture together.
- 2) Spray n cook a non stick pan. Put on the heat. Add Egg White mixture. Allow to cook slowly and when you can see the mixture is getting firm - Place under a grill to cook the top.
- 3) While the Egg White Mixture is cooking start the Scrambled Egg as per usual.
- 4) Take Omelette out of the pan. Place a single long layer of Smoked Salmon and Cream Cheese on the Omelette. Then the Scrambled Egg. (*Chef's note: cook the Scrambled Egg a bit more than usual to allow for it to hold inside the omelette*). Roll up and serve.

Jackie Cameron
Head Chef