



GET TOGETHERS
Bringing people together through food

Omelette in a mug

This is such a simple and 'good for you' recipe. Change the filling ingredients to suit your tastes and what is in your fridge.

Organisation and skill: ★★★

Cost: £ £ £

Portion-wise: Makes 1 serving

Store-wise : This omelette is best eaten straight away but can be chilled in the fridge for up to 24 hours and then served cold.

Equipment

- Large mug, suitable for microwaves
- Pastry brush (or use a scrap of kitchen roll for greasing)
- Sharp knife
- Chopping board
- Grater • Fork
- Tablespoon and teaspoon
- Microwave

Ingredients

- 1 teaspoon (5ml) rapeseed oil
- 2 large free-range eggs
- 1 tablespoon (15ml) milk
- 25g cheddar cheese, grated
- 1 medium tomato*, de-seeded and chopped
- 1 small spring onion*, finely chopped
- Salt and pepper

Allergy aware
This recipe contains:
Eggs
Milk (and cheese)

How to make it

1 Grease the mug with the oil, using a pastry brush or a piece of kitchen roll dipped in the oil.

2 Crack the eggs into the mug, add the milk and whisk with a fork.

3 Add the filling ingredients, i.e. cheese, tomato and spring onion, with a pinch of salt and pepper. Whisk again.

4 Place the mug in the microwave and cook on full power for around 1 minute 40

seconds. It might take less time or a bit longer for the eggs to cook, so microwave for a 20 second burst, stir the eggs gently to mix and then repeat this process until the eggs are set. Leave the eggs to stand for a minute and then serve.

Serving suggestions:

Eat this for a nutritious breakfast or lunch. Make a half portion for young children.

*Vary the filling ingredients to suit your own preferences. Chopped red pepper and mushrooms are good options.

Eat well

- Eggs are a natural source of many nutrients, including high quality protein, vitamin B2, vitamin B12, vitamin D and minerals selenium and iodine.
- A large egg weighs about 70g and contains around 80 kcals (calories).
- Eggs are an excellent food to include in a balanced diet for all age groups.

Shopping

- Eggs have quite a long shelf-life and don't need to be kept in the fridge.
- Check the date-mark that is printed onto each egg.
- Packets of ready-grated cheese can be cheaper than blocks, so compare the prices when you shop.

Cooking together

- This is a good recipe for families to make together. Children can be taught how to crack an egg and will enjoy whisking the ingredients together with a fork.
- The filling ingredients need to be finely chopped, so this might be a job for adults.
- The handle of the mug might get hot in the microwave, so take care if children are doing this independently.

Sustainability – good for you, good for the planet

- Choose free-range or organic eggs for assurance around animal welfare.

Find out about keeping chickens at home or school for a regular supply of delicious fresh eggs.

