



# Baked bean omelette

Serves	2
Prep	5 minutes
Cooking	10 minutes

## Ingredients

- 3 eggs
- ½ tin baked beans
- ½ mug grated cheese
- 1 tbsp oil

## Method

1. Beat the eggs together, add the beans and mix
2. Heat the oil in a frying pan add the mixture and leave it on the heat without moving it for a count of five.
3. Tilt the pan and, using a tablespoon, draw the edges of the omelette into the centre. The liquid egg will flow into the space, filling it.

4. Now tip the pan the other way and do the same thing. Keep tilting it backwards and forwards, pulling the edges so that the egg can travel into the space left - all this will only take half a minute.

5. Sprinkle over the grated cheese and fold over the omelette and serve immediately

## Serving suggestion:

Serve with grilled bacon and tomatoes

