



HAM AND SPINACH OMELETTE

These are my go-to for family breakfasts and are fantastic for school lunches, too.
Recipe by Pete Evans

Cook Time 15-20 minutes | Serves 2-4

Few things are easier to cook than a simple and elegant one-pan omelette. This type of cooking is what I love most, as you basically mix it up and then set and forget for 15 minutes. You can pretty much put anything into these omelettes. Add some seafood, leftover meat or smallgoods, such as pasture-raised ham, and any type of veg you feel like. These are my go-to for family breakfasts and are fantastic for school lunches, too.

Ingredients

6 large eggs
150g ham thinly sliced,
50g (2 cups) baby spinach leaves, torn,
stems removed
sea salt
freshly ground black pepper
2 tablespoons coconut oil or good-quality animal fat

Method

Crack the eggs into a bowl, lightly beat with a fork and season with salt and pepper.

Heat the coconut oil or fat in a 24 cm non-stick ovenproof frying pan over medium heat. Add the ham and pan-fry for 2 minutes. Reduce the heat to low, scatter over the spinach, pour on the egg mixture and gently fold through. Cook for 5–10 minutes to set the base and side.

Meanwhile, preheat the grill to medium.

Place the omelette under the grill for 3 - 3 1/2 minutes until the top is lightly golden and set. Serve.

Sponsored by
House

We are Cooking, Dining and Entertaining 24/7 houseUK.com

AU: house.com.au
UK: houseuk.com



#showyourhouse
#letscookthatbook