

CITY LIFESTYLES



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Recipe name: David Silva's Cheese and Ham Omelette

Serves: 2 people

Preparation time: 15 mins

Cooking time: 20 mins

Starting line-up (*ingredients*):

3 eggs, 10g unsalted butter, 30g cheddar, 1 thick slice of ham, salt and pepper



Warm-up (*preparation*):

Grate cheese, chop ham



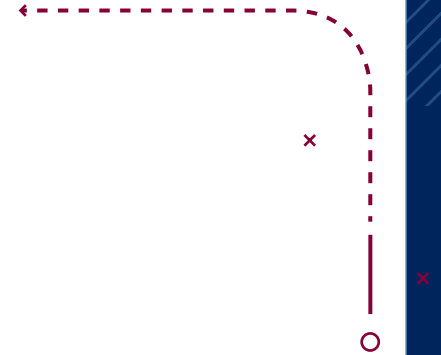
Game plan (*method to make*):

1. Beat the eggs in a mixing bowl and season with salt and pepper. Heat butter in a frying pan until foaming. Pour in the eggs and cook for a few seconds, until the bottom of the omelette is lightly set
2. Put the cheese and three-quarters of the ham in the centre of the omelette and cook until the cheese has melted
3. Increase the heat to high and cook the omelette for a further 30 seconds, or until it browns on the bottom. Fold the omelette in half, then remove the pan from the heat and tilt it slightly to move the omelette to the edge of the pan
4. Slide the omelette onto a serving plate, then shape it into a neat roll. Sprinkle over the remaining ham



Substitutes

Peppers, tomatoes, onions, mushrooms, any meat



Nutritional benefits:

Eggs - protein

Butter - promotes vitamin transport

Cheese - calcium

Ham - protein

Each serving provides 492 kcal, 39g protein, 0g carbohydrates (of which 0g sugars), 37g fat (of which 17g saturates), 0g fibre and 3.3g salt



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