



### **Ham & Cheese Souffle Omelette**

This is a great dish – a light main course with salad or a substantial snack. It takes the humble omelette to the next level. Just make sure you don't over cook it, or it will be dry.

2 eggs – separated. Put the egg whites into a large bowl.

1 slice ham – cut into pieces

2 x 5g butter

1 tsp flour

1 tbsp chives or parsley - chopped

50ml milk

20g hard cheese – finely grated

Black pepper



1. In a small pan, melt the butter over a medium high heat. Add the flour, stir for a few seconds and when it has bubbled a little, remove the pan from the heat and allow to cool for a couple of minutes.
2. Add the milk to the pan and stir everything together well. Put back on to the heat and bring to the boil, stirring all the time. Bubble for a few seconds then remove from the heat.
3. Add the ham, herbs and cheese, stir to combine, then add the egg yolks. Stir everything together.
4. Beat the egg whites to stiff peaks, stir a spoonful of egg white into the ham mixture.
5. Tip the ham mixture into the remaining egg whites and fold in with a large metal spoon.
6. Turn the grill on to a medium heat.
7. Melt the remaining butter in a small oven proof frying pan, when it starts to foam, tip in the egg mixture. Cook for 1 minute on a medium high heat.
8. After 1 minute, transfer to the grill and grill the omelette for 1 min.
9. Cut the omelette down the middle with a wooden spoon – this helps it to fold over and gently tip onto a plate. The omelette should be saucy in the middle. If the eggs are too well cooked, it will be dry to eat.