



Ham & Cheese Souffle Omelette

Serves 2

This is a great dish – a light main course with salad or a substantial snack. It takes the humble omelette to the next level. Although this recipe is for 2, it's best made individually, make sure you don't over cook it, or it will be dry.



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

2 slice ham – cut into pieces

2 x 10g butter

2 tsp flour

2 tbsp chives or parsley - chopped

100ml milk

40g hard cheese – finely grated

Black pepper

1. In a medium 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 large oven proof frying pan, when it starts to foam, tip in half 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. Repeat with the remaining mixture. The omelette should be saucy in the middle. If the eggs are too well cooked, it will be dry to eat.

Hints, Tips and Variations

To make this gluten free, use cornflour instead of plain flour

For dairy free, use plant or lactose free milk, cheese & butter

For vegetarians swap the ham for mushrooms, extra herbs, roasted peppers, cooked green beans, peas, etc. Vary the herbs with thyme, tarragon, dill or oregano.