

# Easy Seasonal Omelette

## Ingredients

SERVES !:

- 1 small bunch of asparagus
- Handful of baby tomatoes
- 1 spring onion
- 3 large eggs
- 1 tbsp of cooking oil
- Salt and pepper



## How to

1. Slice the asparagus in half lengthways, thinly slice the spring onion crosswise into small pieces, and chop the tomatoes in half.
2. Heat oil in a large frying pan over medium heat. Sauté the asparagus, tomatoes and onions until softened. Transfer to a bowl and cover with foil to keep warm.
3. Whisk egg in a jug, season well, pour half this mixture into a pan and swirl to cover the base.
4. Sprinkle on the vegetables and then add the rest of uncooked egg mixture.
5. Using a spatula or fork, draw in the sides of the eggs to the centre while shaking the pan to redistribute the liquid to the edges. The omelette is done when still slightly runny in the middle.

