



## Food For Thought Recipe and Allergen Card Individual Vegetable and Cheese Omelette

100 Portions

Ingredient	Hannah Product Code	Quantity
Eggs – beaten		50
Chosen Vegetables		2k
Grated cheese		1k
Margarine		To grease
Salt		To taste
Pepper		To taste

### RECIPE METHOD – ALLERGENS

1. You will need a deep muffin tray for this recipe
2. In a mixing bowl, beat the **eggs** and season to taste
3. Grease the inside of the muffin moulds with **margarine**
4. Add chosen vegetables (eg, onion, tomato, carrot, peas, corn)
5. Sprinkle lightly with some **grated cheese**
6. Fill the muffin tins with the whisked egg 2/3 full
7. Place in the oven at 180°C until the eggs are puffed up and cooked through
8. Remove from the moulds and serve immediately

The allergens highlighted in <b>RED</b> are present in this dish
Allergens:
Cereals : Wheat Rye Barley Oats Spelt Kamut
<b>Milk</b>
<b>Eggs</b>
Peanuts
Tree Nuts
Sesame
Fish
Crustaceans
Molluscs
Celery
Mustard
Soya
Lupin
Sulphites
May contain...