



## Individual Vegetable and Cheese Omelette

Ingredient	10 Portions	50 Portions	100 Portions
Eggs – beaten	5	25	50
Chosen Vegetables	200g	1 kg	2kg
Grated cheese	100g	500g	1kg
Margarine	To grease	To grease	To grease
Salt	To taste	To taste	To taste
Pepper	To taste	To taste	To taste

### Method

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

**Allergens** Milk, Eggs