

Oven Omelette

Prep time: 10 minutes Cooking time: 40 minutes



4-6



8-10



Ingredients

- 1 onion, chopped finely
- 1 tablespoon margarine
- 2 x 213g tins / 8oz mixed vegetables in water, drained
- 5 eggs, beaten
- 150ml / 5floz / ¼ pint milk
- ½ teaspoon dried mixed herbs



Method. Pre heat oven to 180°C / Gas Mark 4

- Gently dry fry onions for 5 minutes, until softened and remove from heat
- Grease a medium sized oven proof dish with the margarine
- Empty vegetables and onions into oven proof dish and spread evenly
- Beat together eggs, milk and dried mixed herbs and pour over vegetables
- Bake in oven for approximately 40 minutes or until golden in colour and egg is cooked through



Did you know?

Eggs are a great source of protein and Vitamin D. Great for growing kids and the whole family