



# Delicious cheese & mushroom omelette



A QUICK, 10 MINUTE MEAL THAT CAN BE SERVED FOR BREAKFAST, LUNCH OR SUPPER. MAKE THIS OMELETTE WITH ANY FILLING OF YOUR CHOICE, AND FOR A MORE COMPLETE MEAL, ADD A SIMPLE GREEN SALAD.

## INGREDIENTS

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### Filling

1. 30 ml (2 Tbsp) butter or margarine.
2. 1 small red onion, chopped.
3. 125 g button mushrooms, sliced.
4. 3 ml (½ tsp) Spur Lemon & Peri Peri Signature Seasoning.
5. Freshly ground black pepper to taste.

### Omelette

- 4 extra large eggs
- 45 ml (3 Tbsp) milk
- 30 ml (2 Tbsp) Spur Durky Sauce
- 30 ml (2 Tbsp) Spur Salad Dressing
- 2 ml (¼ tsp) salt
- Freshly ground black pepper to taste
- 30 ml (2 Tbsp) butter or margarine
- 100 g (1 cup) grated cheddar cheese
- Chopped spring onions or any other fresh herbs to garnish

## METHOD

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1. **Filling:** Heat the butter in a heavy based saucepan. Add the onion and mushrooms and sauté for about 2 minutes. Add seasoning.
2. **Omelette:** Whisk eggs, milk, Spur Durky Sauce, Spur Salad Dressing and seasoning together.
3. Heat butter in a non-stick frying pan of about 20 cm. Add egg mixture to the pan. Cook the eggs over medium heat until they are set.
4. Spoon filling onto one half of the omelette. Sprinkle cheese over. Gently fold the half without filling onto the other half to close. Heat through, cook the omelette for about 2 - 5 minutes and serve hot. Garnish with fresh herbs.

## VARIATIONS



1. Substitute mushrooms with half a chopped red or green pepper.
2. Substitute onion with leeks or chives.
3. For a meaty omelette, add cooked; 125 g chopped bacon, sausages or mince.