



Omelette

2'
Hands on

5'
Cook Time

1-2
Portion(s)

1
Difficulty



Ingredients

- 3 eggs, fresh, large
- salt
- pepper, freshly ground
- 2-3 tablespoon(s) olive oil
- thyme, fresh, finely chopped
- 50 g gruyere cheese

Διατροφικός πίνακας

Nutrition information per portion

| | | | |
|---------------------------|-----------------------|-----------------------------|---------------------------|
| 283 Calories (kcal) | 23.0 Total Fat (g) | 9.1 Saturated Fat (g) | 0.8 Total Carbs (g) |
| 14% | 33% | 46% | 0% |
| 0.0 Sugars (g) | 18.0 Protein (g) | 2.1 Fibre (g) | 1.3 Sodium (g) |
| 0% | 36% | 8% | 22% |

Method

- In a bowl, lightly whisk together the eggs, salt and pepper, using a fork.
- Place a [nonstick pan](#) over high heat.
- Add a very small amount of extra virgin olive oil. You can also use grape seed oil or butter.
- Let it heat for 20-30 seconds and immediately add the mixture to the pan.
- As soon as the edges are set but the center is still wet, do not turn flip the omelet over. Use a spoon to drag the omelet towards one end of the pan and tilt pan to let the raw omelet "run" and fill the empty side of the pan.
- Repeat this process until the omelet is set but still a little wet on the surface. It should take about 2-3 minutes.
- Remove from heat.
- It is actually cooked through and it is best not to overcook your omelet so it can remain nice and fluffy. Do not cook until golden.
- This process of dragging the omelet and tilting the pan will help create different textures in the omelet.
- To give it a nice presentation, tilt your pan over a serving dish and roll the farthest edge a little. Tilt the pan a little further and let the omelet roll on itself and fall in to the plate.
- Sprinkle with some fresh thyme and some gruyere cheese.
- Drizzle with some extra virgin olive oil, thyme, gruyere and serve.