



## Microwave Omelette

- 2 eggs
- ¼ onion , finally chopped
- Handful frozen mushrooms
- Handful sweetcorn
- Handful frozen peppers
- 6 small potatoes tinned potatoes (wash if in salt)
- Sprinkle of grated reduced fat cheese

## Instructions

Chop up your onion and potatoes and add them to the dish with the frozen mushrooms, sweetcorn and peppers.

Microwave for one minute, then stir.

Crack the eggs into a cup or bowl and mix them with the fork. Add the eggs to the vegetables, then add the ham and cheese on top.

Microwave the mixture for a minute and check.

Continue to microwave for a minute at a time until all the mixture is set and none of the egg is runny. This usually takes around 4 minutes.

*Recipe courtesy of the British Heart Foundation*