



FLAT VEGETABLE OMELETTE

SERVES 4-6

This is a great variation for an omelette and is an ideal supper to serve to the whole family. The possibilities for flavour combinations with this recipe are endless – use what you have available!

INGREDIENTS

1 large onion, chopped
1 clove of garlic, crushed
1 medium aubergine, cubed
3 - 4 baby marrows, cubed
1 red pepper, chopped
6 eggs
90 ml water (15 ml per egg)
10 ml dried thyme or herbs of choice
25 ml balsamic or red wine vinegar
15 ml oil for frying
salt & freshly ground black pepper
1 - 2 ripe tomatoes, thinly sliced
30 g (75 ml) Mozzarella cheese, grated
20 ml fresh, chopped thyme or Italian parsley

TIPS

- Any combination of vegetables can be used for this omelette. Mushrooms, sweetcorn and broccoli will be delicious.
- Sauté vegetables well enough to reduce the amount of moisture.

METHOD

1. Heat an AMC 28 cm Chef's Pan over a medium temperature until the Visiotherm® reaches the first red area. Sauté onion and garlic for a few minutes. Add aubergine and sauté until tender.
2. Add baby marrows and red pepper and continue to sauté until marrows are just starting to soften.
3. Beat eggs well with water and herbs. Only season egg mixture just before adding to vegetables, otherwise the salt could cause the eggs to draw water during the cooking process.
4. Add vinegar and oil to vegetables and mix very well. Season to taste and spread vegetables in an even layer on base of unit. Pour egg mixture over vegetables and allow egg to start setting.
5. Carefully lift some of the cooked egg and allow some of the raw mixture to run underneath it. Reduce heat to a lower setting, cover with lid and cook for 8 - 10 minutes or until egg is completely set.
6. Place slices of tomato on omelette and sprinkle with cheese. Remove pan from heat, cover with lid and allow cheese to melt slightly. If using Gourmet cookware, briefly grill cheese. Season to taste and sprinkle with fresh thyme or parsley.
7. Serve with slices of avocado and bread of your choice.