**Omelette**

 **Ingredients**

**2 shallots, sliced**

**1 & ½ tbsps grated carrot**

**1 tbsp capsicum chopped**

**2 French beans chopped**

**2 eggs**

**¼ cup spinach chopped**

**Pinch of red chilli powder**

**1 & ½ tbsps cabbage chopped**

**1 & ½ tbsps grated cheese**

**1 tbsp milk**

**Salt to taste**

**Black pepper to taste**

**1 bottle tomato ketchup**

**2 to 3 tsps olive oil**

**Sliced tomato for serving**

**Toasted bread for serving**

 **Tools**

**Oven**

**Frying pan**

**Mixing bowl**

**Large bowl**

**Serving plate**

**Plastic spoon**

**Spatula**

**Teaspoon**

**Wooden spoon**

**Whisk**

 **Directions**

**To make vegetables stuffing, heat the oil in frying pan, and then add shallots and stir it and saute for 2 or 3 minutes. Then add rest of the vegetables carrot, capsicum, French beans, cabbage, spinach and stir it and saute for 7 to 8 minutes. Then season with salt and chilli powder and cook for a few minutes more stirring now and then turn off the heat and keep stuffing aside. Break 2 eggs in a bowl, then add milk, salt, pepper to the eggs whisk till frothy. Take a frying pan, drizzle a tbsp of oil, and heat it for half a minutes on medium flame. Pour the egg mixture into the pan and round it to spread evenly. Reduce flame to low and allow to cook for 6 minutes. Now gently flip the egg, using your spatula to ease it over if necessary. Cook for another 6 minutes, or until there is no uncooked egg left. Then place the sauteed vegetables and sprinkle grated cheese on half of the omelette and cover the vegetables with the other half of the omelette and cook for a few seconds. Remove the omelette and place onto a serving plate and squeeze tomato ketchup over top. Serve warm with toasted bread and sliced tomato. Yummy!**