

# The Egg Guy's 40 Second Omelette

Serves: 1

## Ingredients

2 x Grade 7 eggs  
2 Tbsp of water  
Salt and pepper

1 Tbsp butter or margarine  
¼ - ½ cup filling

## Method

Beat eggs and water together until blended, adding salt and pepper to taste. In a 26cm non stick pan, heat butter or margarine until it sizzles - but not burnt. Pour in egg mixture.

With an inverted spatula, pull the cooked portions of egg from the perimeter of the pan to the centre so any uncooked egg can run into the cleared hot pan surface, tilting the pan and moving it as necessary to keep the egg shaped round on the bottom of the pan as you go. A bit like digging a hole, and then tipping the pan to fill it with the runny egg mixture. Do this until the egg is set and will not flow, but is still wet on top (should take about 20 seconds). Don't cook it until it's dry! The moist egg will finish cooking when the omelette is folded over.

Sprinkle all of the filling on the left side of the egg (left handed people fill the right side). Slide the spatula all the way under the unfilled side of the omelette up to the centre of it. Fold the unfilled side entirely over the filled side.

Holding the pan in your right hand and a plate in your left, invert the pan so omelette falls upside down onto the plate. Garnish to serve.

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