

# Baked Vegetable Omelette

By Emma Theobald (marketing team, Abbeyfield)

**Abbeyfield**  
Making time for older people



4-6 servings



Prep: less than 30 minutes

Cook: 40 minutes

## INGREDIENTS

6 eggs

1 large potato (peeled and sliced thinly)

4 or 5 medium mushrooms (thinly sliced)

1 cup of frozen peas

1 onion (medium to large) chopped finely

Pepper and salt

Mixed herbs

Vegetable oil

Fresh salad to serve

## METHOD

1. Place the vegetables in a microwaveable container with a little vegetable oil and mix thoroughly, then cook on full power for 5-6 minutes, or until cooked.
2. Grease an ovenproof dish and spread the hot vegetables over it.
3. Beat the eggs with the seasonings and pour over the vegetables.
4. Cook for 40 minutes in a moderate oven (gas mark 4-5 or 180-190C electric) until the omelette is set and lightly browned.
5. Cut into wedges and serve with a fresh salad.
6. A little grated cheese may also be sprinkled over the top of the omelette before baking if liked.

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