

Let's get cooking

MEETS

PASS IT ON

Jamie Oliver's 'Ministry of Food' campaign is all about getting Britain cooking again. Jamie believes the way to do this is to teach someone how to cook a recipe and then get them to promise they'll teach their friends, and so on and so on... in other words, Pass It On.

At Let's Get Cooking, we've come up with our own easy omelette recipe for clubs to use as a Pass It On activity. Try it out and see how many people your club can Pass It On to!

Fill out an activity report via our club zone and you could win a signed copy of Jamie's 'Ministry of Food' cookbook. Let Jamie know how many people you shared your skills with on the Ministry of Food website www.jamiesministryoffood.com



"All of you guys at Let's Get Cooking can really make a difference to help get the nation cooking again. So Pass It On and have fun!"

Jamie.

Jamie's
**MINISTRY
OF FOOD**



Easy Peasy Omelette

All the main ingredients in this recipe are useful to have in your kitchen as they can be used for plenty of other snacks and dishes. Eat this omelette hot or cold with a salad, some potatoes or chunks of bread for supper or a picnic. Alter the ingredients according to the season or what's in your fridge.



Dairy

Equipment

Measuring scales	Mixing bowl
Sieve	Fork
Bowl	Measuring spoons
Sharp knife	Non stick frying pan (about 25cm)
Chopping board	Wooden spoon
Cheese grater	Palette knife or fish slice
Scissors	Large plate
Mug	

Method

1. Defrost the peas by putting them in a bowl of hot water for a few minutes. Drain them in a sieve.
2. Peel and finely chop the onion.
3. Grate the cheese.
4. Chop the mint using scissors in a mug.
5. Break the eggs into a mixing bowl. Beat them with a fork until the yolk and the white are mixed together.
6. Add the water, grated cheese, pepper and mint to the egg mixture and mix well.
7. Turn on the hob to a high heat. Put the oil into the frying pan and heat until it starts to smoke a little.
8. Add the onion and turn down the heat to medium. Cook the onion until it begins to go soft, stirring occasionally.
9. Add the peas. Stir them into the onion and cook for a couple more minutes.
10. Pour in the egg mixture and stir all the ingredients together so they are evenly spread out in the frying pan.
11. Keep the omelette on a medium heat, but turn down if it starts to burn. Use a palette knife to draw the edges towards the centre so that the pools of runny egg on top run into the channels you make.
12. Cook for about 5 to 15 minutes or until the whole omelette is firm.
13. Loosen the edges with a palette knife and slide out the omelette onto a big plate.
14. Cut into slices to serve.

Ingredients

Serves 2 to 4

- 150g frozen peas
- 1 medium onion
- 150g Cheddar cheese
- 2 x 15ml spoon fresh chopped mint, chives or 1 x 5ml spoon dried herbs(optional)
- 6 large eggs
- Ground black pepper
- 2 x 15ml spoons water
- 2 x 15ml spoons olive oil

Prepare now, eat later

- The following could be prepared in advance: grated cheese, chopped herbs, chopped onion. Keep each ingredient in a tightly sealed plastic bag or box (especially the onion!).
- Cook the omelette, leave to cool and keep in plastic box for up to two days to eat cold.

Skills

Look at the Let's Get Cooking Skills chart to see which skills you have used today.
Skills used : 1, 4, 5, 6a, 8a, 8e, 9b, 9e, 9j, 12a, 12f.