

Baked Denver Omelette



Serves 3

Prep 10 mins

Cooking 30 mins

Easy

Ingredients

1 tbsp butter or olive oil
1/2 Red pepper
1/2 green pepper
1/2 onion
± 100g cooked ham, diced
6 Eggs
± 50 ml Milk or single cream
Salt and pepper
± 50g grated cheddar cheese

To serve:

sliced avocado
chopped chives
a sauce (optional)

1. Preheat the oven to 200C/180 C fan / Gas 6
2. Generously grease a 20 cm x 20 cm or 18cm x 18 cm baking dish with butter or oil.
3. Sprinkle the diced ham along the bottom of the baking dish.
4. Next, dice the veggies: dice ½ an onion, ½ large green pepper, and ½ large red pepper. Or you can roast the peppers for 25 mins in a hot oven and peel the skin off, then dice. Set aside.
5. If you did not roast them you need to fry the veggies with the onion until softened, ± 5 mins. remove from the heat & sprinkle over the ham, then the cheddar cheese.
6. Whisk together eggs and milk in a measuring cup and season with salt and pepper. Pour the egg mixture over the cheese and veggies.
7. Place the baking dish in the middle of your oven's centre rack and bake for 25 to 30 minutes, or until the omelette is puffy, golden-brown, and no longer jiggles in the centre. When done, remove from the oven, cut into squares and serve immediately, with sliced avocado on top & a sprinkling of chives & some tomato ketchup or other sauce if you like.
8. Let the omelette cool, then transfer leftovers to an airtight container or wrap the baking dish well with plastic cling film.