

Omelette Pancakes with Tomato & Pepper Sauce



Serves 2

Prep 10 mins

Cooking 20 mins

Easy

Ingredients

4 large eggs
handful basil leaves

For the sauce:

2 tsp grapeseed oil, plus a little extra for the pancakes
1 yellow pepper, quartered, deseeded and thinly sliced
1 tbsp cider vinegar
400g can chopped tomatoes
wholemeal bread or salad leaves, to serve

1. First make the sauce. Heat the oil in a large frying pan, and fry the pepper and garlic for 5 mins to soften them. Spoon in the cider vinegar and allow to sizzle away. Tip in the tomatoes, then measure in a third of a can of water. Cover and leave to simmer for 10-15 mins until the peppers are tender and the sauce is thick.
2. Meanwhile, make the pancakes. Beat 1 egg with 1 tsp water and seasoning, then heat a small non-stick frying pan with a tiny amount of oil. Add the egg mixture and cook for 1-2 mins until set into a thin pancake. Lift onto a plate, cover with foil and repeat with the other eggs. Roll up onto warm plates, spoon over the sauce and scatter with the basil. Serve with bread or a salad on the side.