

Oven-baked Omelette



Serves 3 Prep 5 mins

Cooking 30 mins

Easy

Ingredients

7 large eggs
85 g sour cream
100 ml whole milk
sprinkle of salt
sprinkle of ground black pepper
2 spring onions, chopped
100 g shredded Cheddar cheese , divided
1/2 red or green pepper, finely chopped
diced 100 g ham , chopped

1. Preheat oven to 180 C and spray an 8 x 8inch baking dish with vegetable oil spray.
2. Blanch the chopped pepper for a few minutes.
3. In a large bowl whisk together eggs, sour cream, milk, salt, pepper, salad onions, 50g cheddar cheese, green or red pepper, and ham.
4. Pour into a baking dish and bake for 25 - 30 minutes.
5. Top with remaining 50g cheese and bake for 5 minutes more.
6. Check the middle is set and serve