

Red Fruit Omelette



Serves 2 Prep 5 mins Cooking 10 mins Easy

Ingredients

200g frozen summer fruits
2 tbsp strawberry jam
3 eggs, separated
2 tbsp icing sugar, plus extra for dredging
25g butter
pouring cream, to serve

1. Prepare the filling: Preheat the grill to high. Tip the frozen fruits into a bowl with the jam. Put in the microwave and defrost for 5-6 mins until the fruits have thawed completely and are just warm. You can also do this in a pan on the hob.
2. Make the omelette using a frying pan without handles. Meanwhile, lightly beat the egg yolks with the icing sugar. In a separate bowl, whisk the whites until stiff. Carefully fold the whites into the yolk mixture. Heat the butter in a frying pan and when it is beginning to foam, pour in the egg mixture (make sure the mixture covers the base of the pan). Cook over a moderate heat for 3-4 minutes until the omelette is just golden underneath; check with a palette knife. Slide the pan under the grill and cook for a couple of minutes until the top is golden.
3. Add the filling. Spoon the fruits over one half of the omelette. Slide on to a plate and fold over the other half. Cut in two, sprinkle with the icing sugar and serve with pouring cream.