

# OMELETTE RECIPE

## You will need:

- Stove Top
- 2 Frying Pans
- A sharp knife
- A plate
- Cutting board
- Cheese grater
- Spatula
- Whisk
- A mixing bowl

## Ingredients

- 3 eggs
- 75g of Cheese
- A stalk of green onion
- 2tbsp of Butter
- Salt and pepper
- Seasoning of choice
- Additional filling(s) of your choice\*

*\* You will be able to select from spinach, mushrooms or bacon. If you would like to use a different ingredient, please let SCNS know before April 9th so they can purchase the ingredients for you.*

**TIME REQUIRED TO COMPLETE ACTIVITY: 30-45 minutes**

## PREPARATION

STEP 1: Grate the cheese.

STEP 2: Crack three eggs in a bowl with a splash of water.  
Whisk until uniform, with no visible bits of yolk or white.

STEP 3: Slice green onion thinly.

STEP 4: Prepare your additional filling ingredients.

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## FOR THE OMELETTE

- STEP 1: With moderate heat, preheat a frying pan. Add a small amount of butter to the pan and allow it to melt.
- STEP 2: Gently sauté any additional fillings until tender. Season with salt and pepper and set aside when done.
- STEP 3: Preheat another pan on moderate heat, add a small amount of butter to the pan and allow to melt.
- STEP 4: Add the egg mixture. Gently move the mix in the pan with the spatula, allowing the eggs to cook into the pan. DO NOT stir constantly.
- STEP 5: When the eggs are not quite cooked, place the cooked fillings and cheese in the centre of the pan. Resist the urge to over fill – less is MORE!
- STEP 6: Fold 1/3 of the omelette over the filling. Turn the omelette onto a plate, guiding with the spatula. The finished omelette should be clean and oval in shape, with little-to-no browning.
- STEP 7: When you cut into the omelette, you should still see a bit of moisture from the eggs.
- STEP 8: Enjoy!

# SALSA RECIPE

## You will need:

- A sharp knife
- Cutting board
- A garlic press
- A lemon juicer
- A mixing bowl

## Ingredients\*

- Roma Tomatoes diced -250g
- Green onions - 3
- 1 minced Garlic Clove
- 20g chopped cilantro
- 20 ml lemon juice
- Ground cumin, salt & pepper to taste

*\* If you would like to include any additional ingredients to personalise your salsa, please let SCNS know before April 9th so they can purchase the ingredients for you.*

## TIME REQUIRED TO COMPLETE ACTIVITY: 30 minutes

### INSTRUCTIONS

STEP 1: Dice the Roma tomatoes.

STEP 2: Slice green onion thinly.

STEP 3: Mince garlic, juice a lemon and finely chop all additional ingredients

STEP 4: Combine all the ingredients into a bowl and gently stir with a spoon.

STEP 5: Adjust seasonings, place in your labelled container (provided by SCNS) and refrigerate.