

# *Livre d'omelette*

BOOK OF OMELETTE



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Department of Hotel Management.  
Naipunnaya School of Management, Cherthala

*Livre  
d'omelette*

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# **Livre d' omelette**

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## 1. Almond Omelette

### INGREDIENTS

Egg	1 no.
Oil	5ml
Almond (chopped)	20g
seasonings	To taste

### Method

- Heat oil in a pan
- Add egg beaten with salt and pepper
- Top with chopped almond
- When it is done fold into half and serve hot



## 2. Anchovies Cheese Omelette

### INGREDIENTS

Egg	1 no.
Oil	5ml
Apple(chopped)	15gm
seasonings	To taste

### Method

- Heat oil in a pan
- Add egg beaten with salt and pepper
- Top with anchovies and shredded cheese
- When it is done fold into half and serve hot



### 3. Anchovies Omelette

#### INGREDIENTS

Egg	1 no.
Oil	5ml
Anchovies	15gm
seasonings	To taste

#### Method

- Heat oil in a pan
- Add egg beaten with salt and pepper
- Top with Anchovies
- When it is done fold into half and serve hot



#### 4. APPLE CARDAMOM OMELLETE

##### INGREDIENTS

Egg	1 no.
oil	5 ml
Cardamom powder	1gm
Apple(chopped)	15gm
Seasonings	To taste

##### METHOD

- Heat pan and grease with oil.
- Beat whole 1 egg till frothy.
- Pour egg mixture and add sprinkle cardamom powder.
- Add chopped apple.
- Add seasonings. Fold in half Serve hot



## 5. APPLE CINNAMON OMELLETE

### INGREDIENTS

Egg	1 no.
Cinnamon powder	1gm
Oil	5ml
Apple(chopped)	15gm
Seasonings	To taste

### METHOD

- Heat pan and grease with oil.
- Beat whole 1 egg till frothy.
- Pour egg mixture and add sprinkle cinnamon powder.
- Add chopped apple.
- Add seasonings. Fold in half Serve hot





## 6. APPLE MAYONNAISE OMELLETE

### INGREDIENTS

Egg	1 no.
Apple(chopped)	15gm
Oil	5ml
Mayonnaise	5gm
Seasonings	To taste

### METHOD

- Heat pan and grease with oil.
- Beat whole 1 egg till frothy.
- Pour the egg mixture and add apple mixed with mayonnaise.
- Add seasonings. Fold in half Serve hot.



## 7. APPLE MINT OMELLETE

### INGREDIENTS

Egg	1 no.
Mint leaves (chopped)	2gm
Apple(chopped)	15gm
Oil 10ml	
Seasonings	To taste

### METHOD

- Heat pan and grease with oil.
- Beat whole 1 egg with chopped mint leaves
- Pour egg mixture and add chopped appl
- Add seasonings fold in half. Serve hot



## 8. APPLE OMELLETE

### INGREDIENTS

Egg	1 no.
Oil	5ml
Apple(chopped)	15gmp
Seasonings	To taste

### METHOD

- Heat pan and grease with oil.
- Beat whole 1 egg till frothy.
- Pour the egg mixture on to the pan and add chopped apple.
- Add seasonings. Fold in half Serve hot.



## 9. AVACADO BASIL OMELETTE

### INGREDIENTS

Egg	1 no.
Basil (cheddar)	5gm
Avocado (chopped)	10gm
Oil	10ml
Seasonings	To taste

### METHOD

- Heat pan and grease with oil.
- Beat whole 1 egg till frothy.
- Pour egg mixture add chopped avocados and basil leaves.
- Add seasonings fold in half. Serve hot.



## 10. AVACADO CHEESE OMELETTE

### INGREDIENTS

Egg	1 no.
Avocado (chopped)	10gm
Cheese	10gm
Oil 10ml	
seasonings	To taste

### METHOD

- Heat pan and grease with oil.
- Beat whole 1 egg till frothy.
- Pour egg mixture add chopped avocado and top with cheese.
- Add seasonings fold in half. Serve hot



## 11. AVACADO MINT OMELETTE

### INGREDIENTS

Egg	1 no.
Mint (chopped)	5gm
Avocado (chopped)	10gm
Oil 10ml	
seasonings	To taste

### METHOD

- Heat pan and grease with oil.
- Beat whole 1 egg with chopped mint leaves till frothy.
- Pour egg mixture on to pan add chopped avacados.
- Add seasonings fold in half. Serve hot



## 12. AVACADO OMELETTE

### INGREDIENTS

Egg	1 no.
Avocado (chopped)	10gm
Oil 10ml	
Seasonings	To taste

### METHOD

- Heat pan and grease with oil.
- Beat whole 1 egg till frothy.
- Pour egg mixture add chopped avocado
- Add seasonings fold in half. Serve hot



### 13. BABY CORN OMELETTE

#### INGREDIENTS

Egg	1no
Oil 1 tsp	
Salt	To taste
Pepper powder	¼ tsp
Baby corn	2 no

#### METHOD

- Heat oil in a pan
- Add beaten egg with required salt & pepper
- When almost done spread the sliced babycorn
- Fold into half and serve





## 14. BACON CHEESE OMELETTE

### INGREDIENTS

Egg	1 no.
Bacon	5gm
Cheese	10gm
Oil 10ml	
seasonings	To taste

### METHOD

- Sauté bacon till light brown.
- Heat pan and grease
- Beat whole 1 egg till frothy.
- Pour egg mixture onto pan add sauted bacon and top with cheese.
- Add seasonings fold in half. Serve hot



## 15. BACON HAM OMELETTE

### INGREDIENTS

Egg	1 no.
HAM	5gm
Bacon	5gm
Oil	10ml
seasonings	To taste

### METHOD

- Saute bacon till light brown.
- Heat pan and greese
- Beat whole 1 egg till frothy.
- Pour egg mixture and sauted bacon and ham.
- Add seasonings fold in half. Serve hot



## 16. BACON OMELETTE

### INGREDIENTS

Egg	1 no.
Bacon	5gm
Oil	10ml
seasonings	To taste

### METHOD

- Saute bacon till light brown.
- Heat pan and greese
- Beat whole 1 egg till frothy.
- Pour egg mixtur
- Add seasonings fold in half. Serve hot



## 17. BANANA CHEESE OMELETTE

### INGREDIENTS

Egg	1 no.
Banana (sliced)	10gm
Oil 10ml	
Seasonings	To taste

### METHOD

- Heat pan and grease with oil.
- Beat whole 1 egg till frothy.
- Pour egg mixture add sliced banana and top with cheese.
- Add seasonings fold in half. Serve hot



## 18. BANANA COCONUT OMELETTE

### INGREDIENTS

Egg	1 no.
Banana (sliced)	15gm
Grated coconut	1tsp
Oil 10ml	
Seasonings	To taste

### METHOD

- Heat pan and grease with oil.
- Beat whole 1 egg till frothy.
- Pour egg mixture into pan add sliced banana and grated coconut
- Add seasonings fold in half. Serve hot



**19. BANANA GREEN PEPPER OMELETTE****INGREDIENTS**

Egg	1 no.
Banana (sliced)	15gm
Green pepper corn (Crushed)	2gm
Oil 10ml	
Seasonings	To taste

**METHOD**

- Heat pan and grease with oil.
- Beat whole 1 egg till frothy.
- Pour egg mixture add sliced banana and crushed pepper.
- Add seasonings fold in half. Serve hot



## 20. BANANA OMELETTE

### INGREDIENTS

Egg	1 no.
Banana (sliced)	15gm
Oil 10ml	
Seasonings	To taste

### METHOD

- Heat pan and grease with oil.
- Beat whole 1 egg till frothy.
- Pour egg mixture into pan add sliced banana.
- Add seasonings fold in half. Serve hot



## 21. BEANS OMELETTE

### INGREDIENTS

Egg	1 no.
Beans (blanched and chopped)	15gm
Oil	10ml
Seasonings	To taste

### METHOD

- Heat pan and grease with oil.
- Beat whole 1 egg till frothy.
- Pour egg mixture into pan add chopped beans
- Add seasonings fold in half. Serve hot





## 22. BEEF CHEESE OMELETTE

### INGREDIENTS

Egg	1 No.
Salt and Pepper	To taste
Onion – Diced	3 Tbsp
Green Bell pepper - Chop	2 Tbsp.
Milk	½ cup
Cooking oil	2 Tbsp.
Beef - Roasted	½ Cup
Cheese	4 Tbsp

### METHOD

- Chop the meat and onions into small pieces.
- Whisk the eggs with the milk until well combined. Season with salt and pepper.
- Drizzle the oil into a non-stick pan over medium-high heat.
- Sweat the onions for 1-2 minutes. Add the turkey or other meat to heat through. Pour the egg into the pan. Stir and move the egg around in the pan so it cooks evenly and incorporates the turkey and onion.
- Flip the omelette over to cook evenly on both sides. Add the cheddar and allow to melt slightly. Add a further sprinkling of salt and pepper to taste.



### 23. BEEF OMELETTE

#### INGREDIENTS

Egg	1 No.
Salt and Pepper	To taste
Onion – Chop	1 Cup
Green Bell pepper - Chop	2 Tbsp.
Worcestershire sauce	1 tsp
Cooking oil	3 Tbsp.
Beef	100 gm

#### METHOD

- Saute the beef with onion and bell pepper until cooked
- Heat pan and bell pepper grease with oil.
- Beat 1 egg until frothy
- Pour the egg and add the topping
- Fold it in half and serve hot.



## 24. BEETROOT BEANS OMELETTE

### INGREDIENTS

Egg	1 no.
Beetroot	15gm
Beans (blanched and chopped)	10g
Oil	10ml
Seasonings	To taste

### METHOD

- Heat pan and greese
- Saute Vegetables in butter
- Beat whole 1 egg till frothy.
- Pour egg mixture onto pan add grated beetroot and beans
- Add seasonings fold in half. Serve hot



## 25. BEETROOT CABBAGE OMELETTE

### INGREDIENTS

Egg	1 no.
Beetroot	15gm
Cabbage	10g
Oil	10ml
Seasonings	To taste

### METHOD

- Heat pan and greese
- Saute Vegetables in butter
- Beat whole 1 egg till frothy.
- Pour egg mixture onto pan add grated beetroot and cabbage
- Add seasonings fold in half. Serve hot



## 26. BEETROOT CARROT OMELETTE

### INGREDIENTS

Egg	1 no.
Beetroot	15gm
Carrot	15gm
Oil	10ml
Seasonings	To taste

### METHOD

- Heat pan and greese
- Saute Vegetables in butter
- Beat whole 1 egg till frothy.
- Pour egg mixture onto pan add grated beetroot and carrot
- Add seasonings fold in half. Serve hot



## 27. BEETROOT OMELETTE

### INGREDIENTS

Egg	1 no.
Beetroot	15gm
Oil	10ml
Seasonings	To taste

### METHOD

- Heat pan and greese
- Saute Vegetables in butter
- Beat whole 1 egg till frothy.
- Pour egg mixture onto pan add grated beetroot.
- Add seasonings fold in half. Serve hot



## 28. BELL PEPPER OMELETTE

### INGREDIENTS

Egg	1 no.
Bell pepper	15gm
Oil	10ml
Seasonings	To taste

### METHOD

- Heat pan and greese
- Beat whole 1 egg till frothy.
- Pour egg mixture and top with bell pepper.
- Add seasonings fold in half. Serve hot



## 29. BELL PEPPER GARLIC OMELETTE

### INGREDIENTS

Egg	1 no.
Bell pepper	15gm
Garlic (chopped)	5gm
Oil	10ml
Seasonings	To taste

### METHOD

- Heat pan and greese
- Beat whole 1 egg with garlic till frothy.
- Pour egg mixture and top with bell pepper.
- Add seasonings fold in half. Serve hot





### 30. BELL PEPPER GINGER OMELETTE

#### INGREDIENTS

Egg	1 no.
Bell pepper	15gm
Ginger	5gm
Oil	10ml
Seasonings	To Taste

#### METHOD

- Heat pan and greese
- Beat whole 1 egg with ginger till frothy.
- Pour egg mixture and top with bell pepper.
- Add seasonings fold in half. Serve hot.



### 31. BHEL PURI OMELETTE

#### INGREDIENTS

Egg	1 no.
Bhel puri crushed	2 no
Oil	10ml
Seasonings	To taste

#### METHOD

- Heat pan and greese
- Beat whole 1 egg till frothy.
- Pour egg mixture onto pan add crushed bhel puri.
- Add seasonings fold in half. Serve hot



### 32. BLACK OLIVE OMELETTE

#### INGREDIENTS

Egg	1no
Oil	1tsp
Salt	To taste
Pepper powder	¼ tsp
Black olives( sliced)	2 tsp

#### METHOD

- Heat oil in a pan, add egg beaten with salt, pepper
- Top with black olives.
- When cooked fold into half and serve



### 33. BROCCOLI CHEESE OMELETTE

#### INGREDIENTS

Egg	1 no.
Broccoli	15gm
Cheese	5gm
Oil	10ml
Seasonings	To taste

#### METHOD

- Blanch broccoli with some salt.
- Saute Vegetables in butter
- Heat pan and grease.
- Beat whole 1 egg till frothy.
- Pour egg mixture and top with Blanched broccoli and cheese.
- Add seasonings fold in half. Serve hot.



### 34. BROCCOLI HAM AND CHEESE OMELETTE

#### INGREDIENTS

Egg	1 no.
Broccoli	15gm
Ham	5gm
Cheese	10gm
Oil	10ml
Seasonings	To Taste

#### METHOD

- Blanch broccoli with some salt.
- Heat pan and grease.
- Beat whole 1 egg till frothy.
- Pour egg mixture and top with Blanched broccoli ,ham and cheese.
- Add seasonings and roll it. Serve hot.



### 35. BROCCOLI OMELETTE

#### INGREDIENTS

Egg	1 no.
Broccoli	15gm
Ginger	5gm
Oil	10ml
Seasonings	To taste

#### METHOD

- Blanch broccoli with some salt.
- Heat pan and grease.
- Beat whole 1 egg till frothy.
- Pour egg mixture and top with Blanched broccoli.
- Add seasonings fold in half. Serve hot.



**36. BURNED GARLIC OMELETTE****INGREDIENTS**

Egg	1 no.
Garlic	15gm
Oil	10ml
Seasonings	To taste

**METHOD**

- Sauté garlic till light brown.
- Heat pan and grease.
- Beat whole 1 egg till frothy.
- Pour egg mixture and top with burned garlic.
- Add seasonings fold in half. Serve hot.



### 37. BUTTER OMELETTE

#### INGREDIENTS

Egg	1 no.
Butter	15gm
seasonings	To taste

#### METHOD

- Heat pan and butter.
- Beat whole 1 egg till frothy.
- Pour egg mixture onto the pan .
- Add seasonings fold in half. Serve hot.





### 38. CABBAGE CHEESE OMELETTE

#### INGREDIENTS

Egg	1 no.
Cabbage	15gm
Cheese	
Oil 10ml	
seasonings	To taste

#### METHOD

- Heat pan and grease.
- Saute Vegetables in butter
- Beat whole 1 egg till frothy.
- Pour egg mixture and top with shredded cabbage and cheese.
- Add seasonings fold in half. Serve hot.



### 39. CABBAGE CHILLY OMELETTE

#### INGREDIENTS

Egg	1 no.
Cabbage	15gm
Green Chilly (chopped)	5gm
Oil	10ml
Seasonings	To taste

#### METHOD

- Heat pan and grease.
- Saute Vegetables in butter
- Beat whole 1 egg with chopped chilly till frothy.
- Pour egg mixture and top with shredded cabbage.
- Add seasonings fold in half. Serve hot.

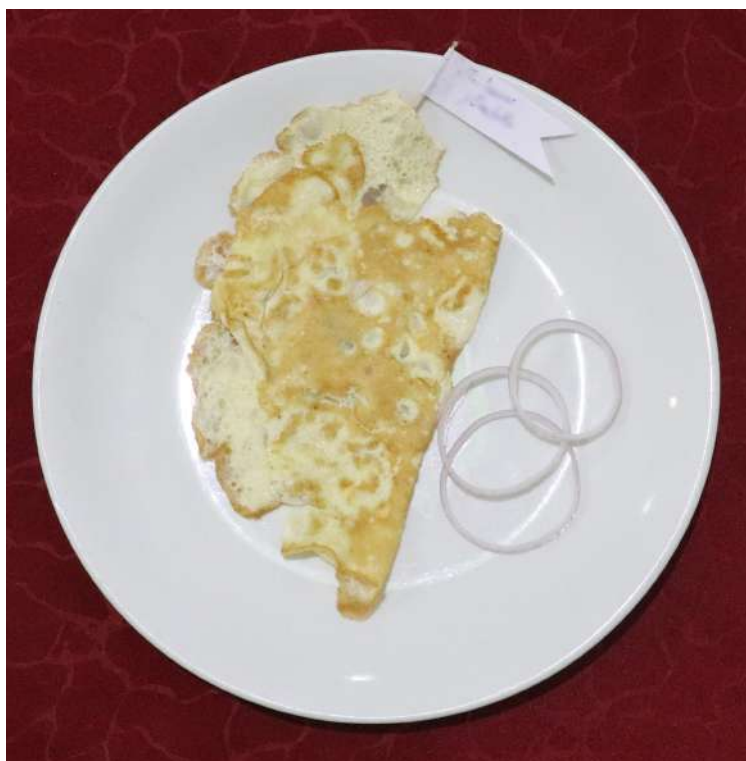


**40. CABBAGE GARLIC OMELETTE****INGREDIENTS**

Egg	1 no.
Cabbage	15gm
Garlic	5gm
Oil	10ml
Seasonings	To taste

**METHOD**

- Heat pan and grease.
- Saute Vegetables in butter
- Beat whole 1 egg with garlic till frothy.
- Pour egg mixture and top with shredded cabbage.
- Add seasonings fold in half. Serve hot.



## 41. CABBAGE GINGER OMELETTE

### INGREDIENTS

Egg	1 no.
Cabbage	15gm
Ginger	5gm
Oil	10ml
Seasonings	To taste

### METHOD

- Heat pan and grease.
- Saute Vegetables in butter
- Beat whole 1 egg with garlic till frothy.
- Pour egg mixture and top with shredded cabbage.
- Add seasonings fold in half. Serve hot.



## 42. CABBAGE OMELETTE

### INGREDIENTS

Egg	1 no.
Cabbage	15gm
Oil	10ml
Seasonings	To taste

### METHOD

- Heat pan and grease.
- Saute Vegetables in butter
- Beat whole 1 egg till frothy.
- Pour egg mixture and top with shredded cabbage.
- Add seasonings fold in half. Serve hot.



### 43. CARROT BEANS OMELETTE

#### INGREDIENTS

Egg	1 no.
Carrot	15gm
Beans	10gm
Oil	10ml
seasonings	To taste

#### METHOD

- Heat pan and grease.
- Saute Vegetables in butter
- Beat whole 1 egg till frothy.
- Pour egg mixture and top with grated carrot and cheese.
- Add seasonings fold in half. Serve hot.



#### 44. CARROT CAPSICUM OMELETTE

##### INGREDIENTS

Egg	1 no.
Carrot	15gm
Capsicum	10gm
Oil	10ml
seasonings	To taste

##### METHOD

- Heat pan and grease.
- Saute Vegetables in butter
- Beat whole 1 egg till frothy.
- Pour egg mixture and top with grated carrot and chopped capsicum.
- Add seasonings fold in half. Serve hot.



## 45. CARROT CHEESE OMELETTE

### INGREDIENTS

Egg	1 no.
Carrot	15gm
Cheese	10gm
Oil	10ml
Seasonings	To taste

### METHOD

- Heat pan and grease.
- Saute Vegetables in butter
- Beat whole 1 egg till frothy.
- Pour egg mixture and top with grated carrot and cheese.
- Add seasonings fold in half. Serve hot.





## 46. CARROT OMELETTE

### INGREDIENTS

Egg	1 no.
Carrot	15gm
Oil	10ml
Seasonings	To taste

### METHOD

- Heat pan and grease.
- Saute Vegetables in butter
- Beat whole 1 egg till frothy.
- Pour egg mixture and top with grated carrot.
- Add seasonings fold in half. Serve hot.



**47. CARROT ONION OMELETTE****INGREDIENTS**

Egg	1 no.
Carrot	15gm
Onion	10gm
Oil	10ml
seasonings	To taste

**METHOD**

- Heat pan and grease.
- Saute Vegetables in butter
- Beat whole 1 egg with onion till frothy.
- Pour egg mixture and top with grated carrot.
- Add seasonings fold in half. Serve hot.



## 48. CASHEW OMELETTE

### INGREDIENTS

Egg	1 no.
Cashew nuts	15gm
Oil	10ml
seasonings	To taste

### METHOD

- Heat pan and grease.
- Beat whole 1 egg till frothy.
- Pour egg mixture and top with chopped cashews.
- Add seasonings fold in half. Serve hot.



## 49. CAULIFLOWER OMELETTE

### INGREDIENTS

Egg	1 no.
Oil	10ml
Cauliflower (cooked)	2 tbsp
seasonings	As req.

### METHOD

- Heat pan and grease with oil
- Saute Vegetables in butter
- Beat egg until frothy and pour into pan.
- Top with cauliflower and seasonings.
- When cooked fold it in half and serve hot.



## 50. CHAT OMELETTE

### INGREDIENTS

Egg	1 no.
Chat masala	15gm
Oil	10ml
Seasonings	To taste

### METHOD

- Heat pan and grease.
- Beat whole 1 egg till frothy.
- Pour egg mixture onto pan and sprinkle chat masala.
- Add seasonings fold in half. Serve hot.



**51. CHAT PURI OMELETTE****Ingredients**

Egg	1 no.
Oil 10ml	
Puri (chat, crushed)	3 no
Seasonings	As req.

**METHOD**

- Heat pan and grease with oil
- Beat egg until frothy and pour into pan.
- Top with crushed chaat puri and seasonings.
- When cooked fold it in half and serve hot



## 52. CHEESE and HERB OMELETTE

### Ingredients

Egg	1 no
Seasoning	As required
Cheese	5 gram
Herbs	5 grams
Oil or fat	As required

### METHOD

- Heat oil in a pan add beaten egg with seasoning
- When it cook add remaining ingredients
- Fold half and serve hot



**53. CHEESE BEANS OMELETTE****Ingredients**

Egg	1 no.
Oil 10ml	
Beans	2 tbsp
Cheese	2 tbsp
Seasonings	As req.

**METHOD**

- Heat pan and grease with oil
- Beat egg until frothy and pour into pan.
- Top with beans, cheese and seasonings.
- When cooked fold it in half and serve hot.





## 54. CHEESE CAULIFLOWER OMELETTE

### Ingredients

Egg	1 no.
Oil 10ml	
Cauliflower (cooked)	2 tbsp
Cheese	2 tbsp
Seasonings	As req.

### METHOD

- Heat pan and grease with oil
- Saute Vegetables in butter
- Beat egg until frothy and pour into pan.
- Top with cauliflower and cheese and seasonings.
- When cooked fold it in half and serve hot.



**55. CHEESE GHERKINS JALAPENO OMELETTE****Ingredients**

Egg	1 no.
Oil 10ml	
Gherkins	2 tbsp
Jalapeno	1 tsp
Cheese	2 tbsp
Seasonings	As req.

**METHOD**

- Heat pan and grease with oil
- Beat egg until frothy and pour into pan.
- Top with gherkins and cheese and seasonings.
- When cooked fold it in half and serve hot.



**56. CHEESE GHERKINS OMELETTE****Ingredients**

Egg	1 no.
Oil 10ml	
Gherkins	2 tbsp
Cheese	2 tbsp
seasonings	As req.

**METHOD**

- Heat pan and grease with oil
- Beat egg until frothy and pour into pan.
- Top with gherkins and cheese and seasonings.
- When cooked fold it in half and serve hot.



**57. CHEESE GREEN PEAS OMELETTE****Ingredients**

Egg	1 no.
Oil	10ml
Green peas (blanched)	2 tbsp
Cheese	2 tbsp
Seasonings	As req.

- Heat oil in a pan add egg beaten with salt and pepper
- When it is half done top with blanched green peas and grated cheese
- When it is done fold into half and serve hot



## 58. CHEESE MUSHROOM OMELETTE

### Ingredients

Egg	1 no
Seasoning	As required
Mushroom	5 gm
Cheese	5 gm

### METHOD

- Heat oil in a pan add beaten egg with seasoning
- When it cook add remaining ingredients
- Fold half and serve hot



**59. CHEESE NOODLES OMELETTE****Ingredients**

Egg	1 no
Seasoning	As required
Boiled noodles	10 gm
Cheese	10 gm
Hot garlic sauce	1 tbsp

**METHOD**

- Heat oil in a pan add beaten egg with seasoning
- When it cook add remaining ingredients
- Fold half and serve hot



## 60. CHEESE OATS OMELETTE

### Ingredients

Egg	1 no
Seasoning	As required
Cheese	5 gm
Roasted oats	5 gm

### METHOD

- Heat oil in a pan add beaten egg with seasoning
- When it cook add remaining ingredients
- Fold half and serve hot



**61. CHEESE OMELETTE****Ingredients**

Egg	1 no
Seasoning	As required
Cheese	10 gm

**METHOD**

- Heat oil in a pan add beaten egg with seasoning
- When it cook add remaining ingredients
- Fold half and serve hot





## 62. CHEESE ONION OMELETTE

### Ingredients

Egg	1 no
Seasonings	As required
Onion chopped	5 gm
Cheese	5 gm

### METHOD

- Heat oil in a pan add beaten egg with seasoning
- When it cook add remaining ingredients
- Fold half and serve hot



**63. CHEESE PARSLEY OMELETTE****Ingredients**

Egg	1no
Oil	1tsp
Salt	To taste
Pepper powder	¼ tsp
Parsley	2 tsp
Cheese	2tbsp

**METHOD**

- Heat oil in a pan, add egg beaten with salt, pepper
- Top with chopped parsley and cheese.
- When cooked fold into half and serve.



## 64. CHEESE SPRING ONION

### Ingredients

Egg	1 no
Seasonings	As required
Spring Onion chopped	5 gm
Cheese	5 gm

### METHOD

- Heat oil in a pan add beaten egg with seasoning
- When it cook add remaining ingredients
- Fold half and serve hot



**65. CHEESE SPROUTS OMELETTE****Ingredients**

Egg	1 no.
Oil 10ml	
Sprouts	2 tbsp
Cheese	2 tbsp
Seasonings	As req.

**METHOD**

- Heat pan and grease with oil
- Beat egg until frothy and pour into pan.
- Top with sprouts, cheese and seasonings.
- When cooked fold it in half and serve hot.



## 66. CHERRY OMELETTE

### Ingredients

Egg	1no
Oil	1 tsp
Salt	To taste
Cherry fruit	3-4 no

- Heat oil in a pan
- Add beaten egg with required salt
- When almost done spread the chopped cherry
- Fold into half and serve



## 67. CHERRY TOMATOES OMELETTE

### Ingredients

Egg	1no
Oil	1 tsp
Salt	To taste
Pepper powder	¼ tsp
Cherry tomatoes	20g

### METHOD

- Heat oil in a pan
- Add beaten egg with required salt & pepper
- When almost done add sliced cherry tomatoes
- Fold into half and serve



## 68. CHICKEN GARLIC OMELETTE

### Ingredients

Egg	1 no
Seasoning	As required
Chicken boiled (chopped)	10 gm
Garlic chopped	1 tsp

### METHOD

- Heat oil in a pan add beaten egg with seasoning
- When it cook add remaining ingredients
- Fold half and serve hot



## 69. CHICKEN MUSHROOM OMELETTE

### Ingredients

Egg	1 no
Seasoning	As required
Boiled chicken (chopped)	10 gm
Mushroom (chopped)	5gm

### METHOD

- Heat oil in a pan add beaten egg with seasoning
- When it cook add remaining ingredients
- Fold half and serve hot





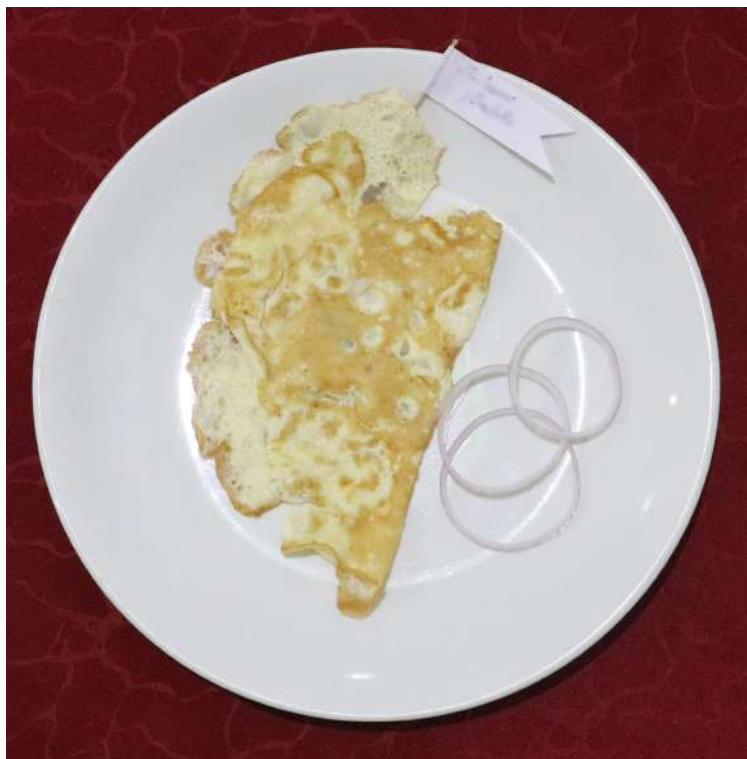
## 70. CHILLI BEANS BEANS OMELETTE

### Ingredients

Egg	1 no.
Oil	10ml
Beans ( blanched)	2 tbsp
Chili	1.5 tsp
Seasonings	As req.

### METHOD

- Heat pan and grease with oil
- Beat egg until frothy and pour into pan.
- Top with beans, chopped chili and seasonings.
- When cooked fold it in half and serve hot.



## 71. CHILLI CHEESE OMELETTE

### Ingredients

Egg	1 no
Seasoning	As required
Cheese	5 gm
Green chilli	1 tsp

### METHOD

- Heat oil in a pan add beaten egg with seasoning
- When it cook add remaining ingredients
- Fold half and serve hot



## 72. CHILLI CORIANDER OMELETTE

### Ingredients

Egg	1 no
Seasoning	As required
Green chilli (chopped)	2 tbsp
Coriander leaf	5 gm

### METHOD

- Heat oil in a pan add beaten egg with seasoning
- When it cook add remaining ingredients
- Fold half and serve hot



### 73. CHILLI MINT OMELETTE

#### Ingredients

Egg	1 no
Seasonings	As required
Green chilli	3 tsp
Mint	5 no

#### METHOD

- Heat oil in a pan add beaten egg with seasoning
- When it cook add remaining ingredients
- Fold half and serve hot



## 74. CHILLI OMELETTE

### Ingredients

Egg	1 no
Seasoning	As required
Green chilli (chopped)	3 tsp
Chilli powder	1 tsp

### METHOD

- Heat oil in a pan add beaten egg with seasoning
- When it cook add remaining ingredients
- Fold half and serve hot



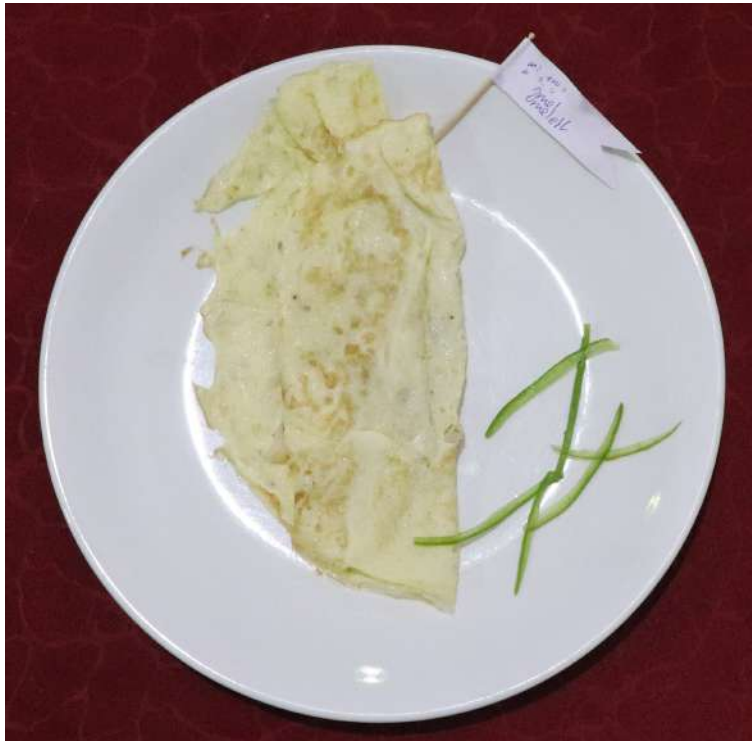
## 75. CHIPOLATA OMELETTE

### Ingredients

Egg	1no
Oil	1 tsp
Salt	To taste
Pepper powder	¼ tsp
Fried chipolata sausage	1 no

### METHOD

- Heat oil in a pan
- Add beaten egg with required salt & pepper
- When almost done spread the sliced fried chipolata sausage
- Fold into half and serve



## 76. COCONUT OMELETTE

### Ingredients

Egg	1 no
Seasonings	As required
Grated coconut	10 gm

### METHOD

- Heat oil in a pan add beaten egg with seasoning
- When it cook add remaining ingredients
- Fold half and serve hot





## 77. CORN AND CHEESE OMELETTE

### Ingredients

Egg	2 no
Water	1 tbsp
Cooked corn	3 tbsp
Butter	1 tbsp
American cheese	1 slice
Salt and pepper	To taste

### METHOD

- Beat the egg with, salt, pepper
- Heat pan and grease with butter
- Pour egg mixture and topped with cheese and boiled corn
- Fold half and Serve hot





## 78. CRAB MEAT OMELETTE

### Ingredients

Egg	1 no
Seasoning	As required
Crab meat (boiled)	10 gm

### METHOD

- Heat oil in a pan add beaten egg with seasoning
- When it cook add remaining ingredients
- Fold half and serve hot



## 79. CRABMEAT WITH GARLIC OMELETTE

### Ingredients

Egg	1 no
Seasoning	As required
Crabmeat ( boiled)	10 gm
Garlic	2 tsp

### METHOD

- Heat oil in a pan add beaten egg with seasoning
- When it cook add remaining ingredients
- Fold half and serve hot



**80. CRABMEAT WITH GINGER OMELETTE****Ingredients**

Egg	1 no
Seasoning	As required
Crab meat (boiled)	10 gm
Ginger	5 gm

**METHOD**

- Heat oil in a pan add beaten egg with seasoning
- When it cook add remaining ingredients
- Fold half and serve hot



**81. CRABMEAT WITH SOYA SAUCE OMELETTE****Ingredients**

Egg	1 no
Seasoning	As required
Crabmeat (boiled)	20 gm
Soya sauce	2 tbsp

**METHOD**

- Heat oil in a pan add beaten egg with seasoning
- When it cook add remaining ingredients
- Fold half and serve hot



## 82. CUCUMBER OMELETTE

### Ingredients

Egg	1 no
Seasonings	As required
Cucumber	3 tsp

### METHOD

- Heat oil in a pan add beaten egg with seasoning
- When it cook add remaining ingredients
- Fold half and serve hot



### 83. CUMIN OMELETTE

#### Ingredients

Egg	1 no
Seasoning	As required
Cumin seed	1 tsp
Cumin powder	½ tsp

#### METHOD

- Heat oil in a pan add beaten egg with seasoning
- When it cook add remaining ingredients
- Fold half and serve hot



## 84. CURRY LEAVES OMELETTE

### Ingredients

Egg	1 no
Seasonings	As required
Curry leaves (shred)	3 tsp

### METHOD

- Heat oil in a pan add beaten egg with seasoning
- When it cook add remaining ingredients
- Fold half and serve hot





**85. DATE AND NUTS OMELETTE****Ingredients**

Egg	1no
Oil	1 tsp
Salt	To taste
Dates	2 no
Nuts	15 g

- Heat oil in a pan
- Add beaten egg with required salt
- When almost done spread the dates and nuts
- Fold into half and serve





**86. DATES AND PINEAPPLE OMELETTE****Ingredients**

Egg	1no
Oil	1 tsp
Salt	To taste
Dates	1 no
Pineapple	15g

- Heat oil in a pan
- Add beaten egg with required salt
- When almost done spread the chopped dates and pineapple
- Fold into half and serve



**87. DATES OMELETTE****Ingredients**

Egg	1no
Oil 1 tsp	
Salt	To taste
Dates	2 no

**METHOD**

- Heat oil in a pan
- Add beaten egg with required salt
- When almost done spread the diced dates
- Fold into half and serve



## 88. FETA CHEESE OMELETTE

### Ingredients

Egg	1 no
Seasoning	As required
Feta cheese	15 gm

### METHOD

- Heat oil in a pan add beaten egg with seasoning
- When it cook add remaining ingredients
- Fold half and serve hot



## 89. FISH CHEESE OMELETTE

### Ingredients

Egg	1 no
Seasoning	As required
Fish	20 gm
Cheese	10 gm

### METHOD

- Heat oil in a pan add beaten egg with seasoning
- When it cook add remaining ingredients
- Fold half and serve hot



## 90. FISH GARLIC OMELETTE

### Ingredients

Egg	1 no
Seasoning	As required
Fish	20 gm
Garlic (chopped)	2 tsp

### METHOD

- Heat oil in a pan add beaten egg with seasoning
- When it cook add remaining ingredients
- Fold half and serve hot



## 91. FISH OMELETTE

### Ingredients

Egg	1 no
Seasoning	As required
Fish (boneless and boiled )	20 gm

### METHOD

- Heat oil in a pan add beaten egg with seasoning
- When it cook add remaining ingredients
- Fold half and serve hot



## 92. FLAVOURED CHEESE OMELETTE

### Ingredients

Egg	1 no
Seasoning	As required
Flavoured cheese	15 gm

### METHOD

- Heat oil in a pan add beaten egg with seasoning
- When it cook add remaining ingredients
- Fold half and serve hot



### 93. FRESH CORN OMLETTE

#### Ingredients

Egg	2 no
Salt	To taste
Corn	1 cup
Oil	2 tbsp
Pepper powder	½ tsp
Chilli powder	½ tsp

#### METHOD

- Heat and grease with oil
- Beat the egg till frothy add salt and cooked corn, mix well
- Pour the egg mixture into the pan
- Add pepper powder and chilli powder on the top, serve hot





**94. FRIED ONION CHEESE OMELETTE****Ingredients**

Egg	1 No.
Butter	2 tsp.
Onion	½ no.
Parsley	Few
Parmesan cheese, grated	10 gm.

**METHOD**

- Heat and grease with oil
- Beat the egg till frothy add salt and mix well
- Pour the egg mixture into the pan
- Add pepper powder, fried onion and cheese on the top, serve hot



**95. FRIED ONION TOPPED OMLETTE****Ingredients**

Eggs	2 no
Onion	1
Oil	3 tbsp
Salt and pepper	To tastw

**METHOD**

- Beat the egg till frothly
- Heat pan and grease with oil
- Pour the egg mixture on the pan and topped with fried onion
- Add seasoning serve hot



**96. FRIED PRAWNS OMELETTE**

## Ingredients

Egg	1no
Oil 1 tsp	
Salt	To taste
Fried prawns	30 g

- Heat oil in a pan
- Add beaten egg with required salt & pepper
- When almost done spread the fried prawns
- Fold into half and serve



## 97. FRUITY OMELETTE

### Ingredients

Egg	1 No.
Water	1 tsp.
pressed cottage cheese or ricotta cheese	30ml
canned fruit salad, drained	30ml

### METHOD

- Whisk eggs and water in small bowl.
- Non-stick skillet add butter on medium heat. Pour in egg mixture. As eggs set around edge of skillet, with spatula, gently push cooked portions toward centre. Tilt and rotate skillet to allow uncooked egg to flow into empty spaces.
- When egg is almost set on surface but still look moist, spread cottage cheese evenly along middle of omelette. Spoon fruit salad over cottage cheese. Fold each side of omelette toward centre and over fruit salad.
- Slide omelette onto plate. Sprinkle icing sugar over top, if desired.



**98. GARAM MASALA OMELETTE**

## Ingredients

Egg	1no
Oil	1 tsp
Salt	To taste
Pepper powder	¼ tsp
Garam masala powder	½ tsp
Onion	10 g

- Heat oil in a pan
- Add beaten egg with required salt & pepper
- When almost done spread the onion mixed with garam masala
- Fold into half and serve



## 99. GARLIC BEEF OMELETTE

### Ingredients

Egg	1 No.
Salt	To taste
Onion - Diced	3 Tbsp
Garlic - Minced	2 Cloves
Garlic powder	½ tsp
Cooking oil	2 Tbsp.
Beef - minced	½ Cup
Soy Sauce	1 Tbsp.

### METHOD

- For topping : Add beef to a large bowl. Sprinkle corn-starch over beef.
- Toss beef until evenly coated.
- Add oil and garlic to your wok or a deep skillet and bring to medium-high heat.
- Cook garlic until lightly browned. Add in beef.
- Stir and cook beef until half cooked.
- Add in garlic powder and soy sauce. Stir to evenly coat beef in sauce. Cook until beef is fully cooked. Taste and adjust sauce as needed.
- Fry the egg and add the topping over it and season it



**100. GARLIC CAULIFLOWER OMELETTE**

## Ingredients

Egg	1 no.
Oil 10ml	
Cauliflower (cooked)	2 tbsp
Garlic	2 tsp
seasonings	As req.

## METHOD

- Heat pan and grease with oil
- Beat egg until frothy and pour into pan.
- Top with cauliflower and garlic and seasonings.
- When cooked fold it in half and serve hot.





**101. GARLIC CHEESE OMELETTE****INGREDIENTS**

Eggs	1
milk	½ tbs
Garlic (chopped)	2 cloves
cheddar cheese	¼ cup
Butter	1 tbs
fresh pepper	1 tsp
Salt	To taste
Spring onion	For garnish

**METHOD**

- Heat the pan and spread the butter
- Beat the whole 1 egg and add the garlic , milk, pepper, salt
- Pour the egg mixture on to the pan
- Carefully push the egg from side to side to evenly cook the egg.
- Cook until the omelette is almost set but still creamy and moist
- Sprinkle ¼ cup of the cheese.
- Fold the omelette in half and cook for another 10 seconds.
- Gently remove to a serving plate.
- Garnish with spring onions.





**102. GARLIC MUSHROOM OMELETTE****INGREDIENTS**

Egg	1 No.
Mushroom	50 gm.
Garlic	15gm.
Spring onion	10gm.
Butter	2tbsp
Seasoning	To taste

**METHOD**

- Heat oil in a pan, add garlic spring onion and mushroom sauté for few minutes till it cook. Keep it aside
- In a bowl beat egg till frothy
- Add oil in the pan, regulate the flame to medium heat, and pour the beaten egg.
- Cook till the egg set well. Then spread the garlic mushroom mixture onto it
- Flip it till the egg cooked completely.



**103. GARLIC OMELETTE****INGERDIENTS**

Egg	1 no
Garlic	2 cloves
Salt	To taste
Butter	1 tbs
Shallots	1 no
Green chilly	1 no
Pepper	1 tsp
Coriander leaves	1 gm

**METHOD**

- Heat the pan and spread the butter.
- Beat the whole 1 egg and add the garlic , shallots, seasoning, green chilly
- Pour the egg mixture on to the pan
- Garnish with coriander leaf
- Serve as hot



**104. GARLIC OMELETTE WITH BACON****INGREDIENTS**

Egg	1 no
Oil 1 tsp	
Salt	As required
Pepper	As required
Garlic	10 g
Bacon	15 g

**Method**

- Heat oil in a pan add egg beaten with salt and pepper
- When it is half done top with fried chopped bacon and garlic
- When it is done fold into half and serve hot



**105. GHERKINS JALAPENO OMELETTE****Ingredients**

Egg	1no
Oil	1tsp
Salt	To taste
Pepper powder	¼ tsp
Jalapeno pepper	1 tsp
Gherkins ( chopped)	2 tsp

- Heat oil in a pan, add egg beaten with salt, pepper.
- Top with gherkins and jalapeno pepper
- When cooked fold into half and serve



## 106. GHERKINS OMELETTE

### Ingredients

Egg	1no
Oil	1tsp
Salt	To taste
Pepper powder	¼ tsp
Gherkins ( chopped)	2 tsp

- Heat oil in a pan, add egg beaten with salt, pepper.
- Top with gherkins.
- When cooked fold into half and serve



**107. GIGER CHEESE OMELETTE****Ingredients**

Egg	1no
Oil 1tsp	
Salt	To taste
Pepper powder	¼ tsp
Cheese	2 tsp
Ginger	1tsp

- Heat oil in a pan, add egg beaten with salt, pepper.
- Top with julienne ginger and cheese
- When cooked fold into half and serve



**108. GINGER FISH OMELETTE****Ingredients**

Egg	1 no
Seasoning	As required
Ginger	1 tsp
Fish (boiled)	15 gm

**METHOD**

- Heat oil in a pan add beaten egg with seasoning
- When it cook add remaining ingredients
- Fold half and serve hot



**109. GINGER GARLIC OMELETTE****INGREDIENTS**

Ginger (chopped)	2 TSP
Ginger powder	½ tsp
Green chilly(chopped)	1 no
Tomato (chopped)	¼ no
Salt	To taste
Pepper	To taste
Chilli flakes (crush)	1 tsp
Butter	1 tbs
Egg	1 no
Garlic	1 cloves
Shallots	1 ½ TSP
Coriander leaves	1 gm

**METHOD**

- Beat the egg in a bowl.
- Add the ginger, green chilly, salt, pepper, ginger powder, tomato, chilli flakes, Garlic, tomato, shallots, mix it and put it into the egg bowl.
- Heat the pan and spread the butter.
- Pour the egg mixture to the pan.
- Slide the cooked omelet on to a plate.





**110 GINGER OMELETTE****INGREDIENTS**

Ginger (chopped)	2 TSP
Egg	1 no
Ginger powder	½ tsp
Green chilly(chopped)	1 no
Tomato (chopped)	¼ no
Salt	To taste
Pepper	To taste
Chilli flakes (crush)	1 tsp
Butter	1 tpls

**METHOD**

- Beat the egg in a bowl.
- Add the ginger, green chilly, salt, pepper, ginger powder, tomato, chilli flakes into the egg bowl.
- Heat the pan and spread the butter.
- Pour the egg mixture to the pan.
- Cook it for a min.
- Slide the cooked omelet on to a plate.
- Serve as hot.



**111. GINGER PEA OMELETTE****Ingredients**

Egg	1no
Oil 1tsp	
Salt	To taste
Pepper powder	¼ tsp
Pea (cooked)	2 tbsp
Ginger(julienne)	2tsp

- Heat oil in a pan, add egg beaten with salt, pepper
- Top with peas and ginger
- When cooked fold into half and serve



**112. GINGER PRAWN OMELETTE**

## Ingredients

Egg	1no
Oil 1tsp	
Salt	To taste
Pepper powder	¼ tsp
Prawn (cooked)	2 tbsp
Ginger(julienne)	2tsp

- Heat oil in a pan, add egg beaten with salt, pepper
- Top with prawns and ginger
- When cooked fold into half and serve



**113. GREEN CHILI & CHEESE OMELETTE****Ingredients**

Egg	1 No.
Green chilli	15gm
shredded Cheddar cheese	10gm

**METHOD**

- Heat pan and grease with oil.
- Beat whole 1 egg till frothy
- Pour the egg mixture on the pan and topped with chopped chili
- Add the cheese on one half and fold the omelette as you slide it onto a plate.



**114. GREEN GRAM OMELETTE****Ingredients**

Egg	1 No.
Tomato	5 gm.
Green chilli	1 no.
Green gram	15 gm.
Onion	7 gm.
Seasoning	To taste

**METHOD**

- Green gram (dhuli moong dal) washed and soaked for 2 hours and boil. Keep it aside.
- In a bowl add eggs, finely chopped onion, tomato, green chili, pepper powder & salt as required, mix together.
- Add boiled green gram to the mixture, using a fork whisk it well.
- Heat oil in a cooking pan & pour the beaten egg mixture in a concentric shape.
- Keep the flame on medium for 10 seconds & turn the flame to low.
- Now let us cover & cook the omelette.
- Cook both the sides of omelette



**115. GREEN OMELETTE****Ingredients**

Egg	1 No.
kale leaves or baby kale	30gm
Butter	1tbsp
Seasoning	To taste

**METHOD**

- Place eggs, kale, and salt in a blender
- Blend on high for a few seconds until smooth. Don't over blend or let it get warm.
- Heat butter in pan over medium-high heat, pour egg mixture in pan and reduce heat to medium
- With a fork or spatula, whisk eggs around the skillet until the bottom begins to set. It only takes a few minutes
- Cook eggs to your preferred doneness



**116. GREEN SPINACH OMELETTE****Ingredients**

Egg	1 No.
Green spinach	10g
Seasoning	To taste

- Heat oil in a pan add eggs beaten with salt and pepper
- When it is half done add shredded spinach
- When it is done fold half and serve



**117. GRILLED SAUSAGE OMELETTE**

## Ingredients

Egg	1no
Oil 1 tsp	
Salt	To taste
Pepper powder	¼ tsp
Grilled Sausage	20g

- Heat oil in a pan
- Add beaten egg with required salt & pepper
- When almost done spread the grilled sliced sausage
- Fold into half and serve





**118. GROUNDNUT OMELETTE**

## Ingredients

Egg	1 no.
Oil 10ml	
Roasted groundnut	2 tbsp
seasonings	As req.

## METHOD

- Heat pan and grease with oil
- Beat egg until frothy and pour into pan.
- Top with groundnut and seasonings.
- When cooked fold it in half and serve hot



**119. HAM AND CHEESE OMELETTE****INGREDIENTS**

Eggs	1NO
Oil 1tsp	
Salt	To taste
Pepper	To taste
Ham (fried & chopped)	15g
Cheese	10g

**METHOD**

- Heat oil in a pan, add egg beaten with salt and pepper
- When it is half done top with ham and cheese
- When it is done fold into half and serve hot



**120. HAM & FETA CHEESE OMELETTE****INGREDIENTS**

Egg	1 No.
crumbled feta cheese	15 gm.
cup cucumber, diced	15 gm.
Cooked ham	15 gm.
Seasoning	To taste

**METHOD**

- Heat oil in a pan, add egg beaten with salt and pepper
- When it is half done top with cucumber, ham and feta cheese
- When it is done fold into half and serve hot



**121. HAM & ONION OMELETTE****INGREDIENTS**

Vegetable oil	1 tbsp.
Onion	20 gm.
Chopped ham	15 gm.
Egg	1 No.
Seasoning	To taste

**METHOD**

- Heat oil in a pan, add egg beaten with salt and pepper
- When it is half done top with ham and onion
- When it is done fold into half and serve hot



## 122. HERB AND CHEESE OMELETTE

### INGREDIENTS

eggs	1NO
tbsp milk	10ML
chopped fresh chives	5GM
tsp chopped fresh parsley	5GM
Salt & freshly ground pepper	TO TASTE
butter	5GM
grated Gruyere cchees	15GM

### METHOD

- Use a fork to whisk eggs
- And milk together. Stir in chives and parsley. Season well with salt and pepper.
- Melt butter in a small (16cm base) non-stick frying pan over mediumhigh heat. Add eggs to the pan. Use a fork to quickly draw the cooked egg back from edge of pan to allow uncooked egg to run to the edge. Continue until egg is almost set.
- Cook for a further 30-45 seconds or until egg is just set. Sprinkle cheese over. Use a fork to lift one side of omelette over to enclose the filling. Carefully slide onto a serving plate. Serve immediately with salad Herb omelette



**123. HOT GARLIC CRAB OMELETTE****INGREDIENTS**

Egg	1 no
Oil	1 tsp
Salt	To taste
Pepper	To taste
Crab	20g
Hot garlic sauce	1 tbsp

**Method**

- Heat oil in a pan, add egg beaten with salt and pepper
- When it is half done add crab meat sauteyed in hot garlic sauce
- When it is done fold into half and serve hot



## 124. JALAPENO OMELETTE

### INGREDIENTS

Small jalapeno, Sliced	1 No.
olive oil	1 TSP
Egg	1 No.
Salt	As. Required

### Method

- Slice them thin and add them to your omelette skillet with a drizzle of oil and pinch of salt.
- Let those cook for a few minutes over medium heat until they start to brown slightly and then pour in the eggs
- As the eggs cook (very quickly), use a spatula to push the cooked egg to the center, tilt the pan, and allow the uncooked eggs to flow to the outer part of the skillet to cook.
- After a few minutes most of the egg will be cooked





**125. JALAPENO PEPPER OMELETTE****INGREDIENTS**

large eggs	1NO	
jalapeno pepper – cored and minced	10GM	
green peppers – diced	5GM	
red peppers – diced	5GM	
onion – diced	5GM	
salt	2GM	
pepper	2GM	
butter – for frying	5GM	

**METHOD**

- Heat oil in a pan, add eggs beaten with salt and pepper
- When it is half done top with other ingredients
- When it is done fold into half and serve hot





## 126. LEAFY OMELETTE

### Ingredients

Egg	2 no
Pepper powder	1/2tbsp
Grated parmesan cheese	1 tsp
Parsley	1 tsp
Spinach	1 tsp
Mint leafs	1 tsp
Coriander leafs	1 tsp
Spring onion	1 tsp
Salt	To taste
Oil	2 tbsp

### METHOD

- Mix all the ingredients with egg
- Heat pan and grease with oil
- Pour the egg mixture, add seasoning serve hot



**127. LENTIL OMLETTE****Ingredients**

Egg	2 no
Onion	1no
Tomato	1 no
Chat masala	1 tbsp
Lentil	1 cup
Oil	2 tbsp

**Method**

- Heat pan add oil into the pan add chopped onion and tomato, saute it for few minutes
- Add cooked lentil
- Beat egg with chat masala in a bowl
- Add the mixture into the pan
- Add seasoning serve hot



**128. LUXURY OMLETTE****Ingredients**

Egg	2 no
Green bell pepper	10 gm
Sausage	10 gm
Red bell pepper	10 gm
Onion	10 gn
Oil	2tbsp
Salt	To taste
Scallions	10 gm

**METHOD**

- Beat the egg till frothly
- Heat pan and grease with oil
- Pour the egg mixture to the pan topped with sausage, green and red bell peppers, onion and scallions
- Add seasoning serve hot



**129. MASALA OMELETTE****INGREDIENTS**

Egg	4 no	
Onion, capsicum, tomato (finely chopped)		40 gm
Greenchilly	2no	
Milk, olive oil	2 tbsp	
Black papper, turmeric powder	¼ tsp	

**METHOD**

- Heat sunflower or vegetable oil in a nonstick frying pan
- Add all spices and fry for a further minute
- Beat 2 egg together in a small bowl and season
- Carefully flip the omelette over and cook for 1-2 minutes, until golden.
- Add coriander and serve immediately.



**130. MASHED POTATO OMELETTE****Ingredients**

Egg	1 no
Seasoning	As required
Mashed potato	20 gm

**METHOD**

- Heat oil in a pan add beaten egg with seasoning
- When it cook add remaining ingredients
- Fold half and serve hot



**131. MAYONNAISE TOPPED OMELETTE****INGREDIENTS**

Egg	1 pcs
Mayonnaise	1 tbsp
Salt	2 pinch
Vegetable	1 tbsp

**Method**

- Heat oil in a pan
- Add beaten egg with salt and pepper
- When it is almost done top with mayonnaise, fold into half and serve



### 132. MOONG DAL OMELETTE

#### INGREDIENTS

Green gram	¾ cup
Green chillies	3 no
Salt	As req
Onion, capsicum, tomato	30 gm each
Coriander leaves, turmeric powder	¼ tsp
Oil, ghee, tomato ketchup	4 tbsp
Beetroot, carrot	Strips a few

#### METHOD

- Soak moong daal overnight, and cook with salt and keep aside
- Heat pan with oil add egg beaten with salt
- Mix all other ingredients with daal and top on the omelette
- When it is done fold into half and serve hot



### 133. MUSHROOM AND CAPERS OMELETTE

#### Ingredients

Mushroom	40 g
Capers	¼ tbsp.
Egg	1 no
Onion	2.5 g
Cumin powder	2 pinch
Salt and pepper	As req
Sunflower oil	As req

#### Method

- Slice a medium onion and half cup mushrooms.
- Chop 2 to 3 garlic cloves, 1 to 2 green chilies and handful of coriander leaves
- You can use other veggies like capsicum, carrots, cabbage etc.
- And mix well and fry it, after serve it.





### 134. MUSHROOM OMELETTE

#### Ingredients

Egg	1no
Oil	1tsp
Salt	To taste
Pepper powder	¼ tsp
Mushroom	2 tbsp

#### Method

- Heat oil in a pan, add egg beaten with salt, pepper
- Top with mushroom
- When cooked fold into half and serve



**135. NUTTY OMELETTE**

## Ingredients

Egg	1no
Oil	1tsp
Salt	To taste
Pepper powder	¼ tsp
Walnut	2 tsp

## Method

- Heat oil in a pan, add egg beaten with salt, pepper
- Top with walnut.
- When cooked fold into half and serve

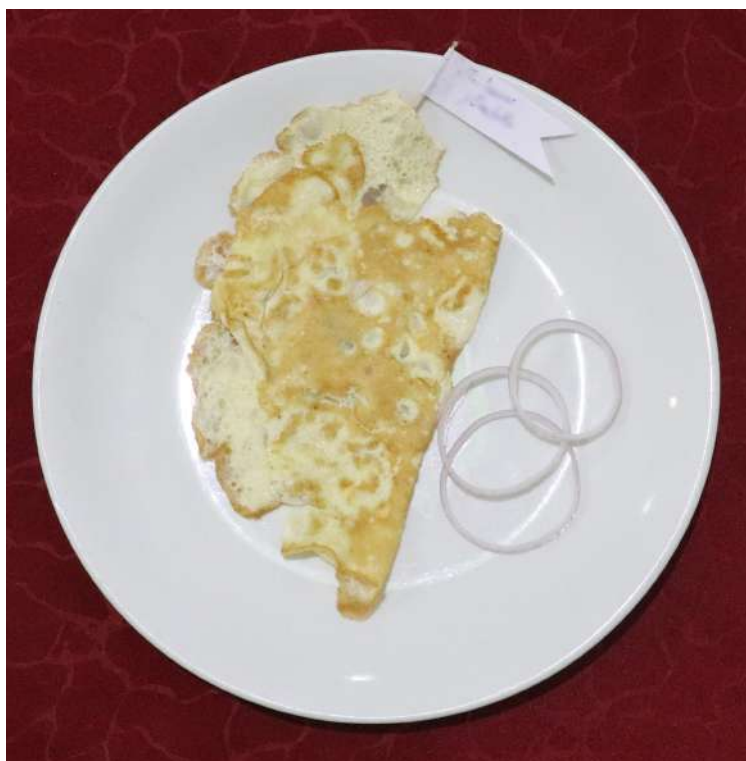


**136. OLIVE TOPPED OMELETTE****Ingredients**

Egg	1no
Oil	1tsp
Salt	To taste
Pepper powder	¼ tsp
Olives ( sliced)	2 tsp

**Method**

- Heat oil in a pan, add egg beaten with salt, pepper
- Top with sliced olives.
- When cooked fold into half and serve



**137. OREGANO OMELETTE****Ingredients**

Egg	1no
Oil	1tsp
Salt	To taste
Pepper powder	¼ tsp
Oregano	2 tsp

- Heat oil in a pan, add egg beaten with salt, pepper and oregano
- When it is almost cooked sprinkle some oregano on top and fold into half and serve.



**138. PALAK OMELETTE**

## Ingredients

Egg	1no
Oil	1tsp
Salt	To taste
Pepper powder	¼ tsp
Palak( shredded and blanched)	2 tsp

- Heat oil in a pan, add egg beaten with salt, pepper
- Top with palak.
- When cooked fold into half and serve



**139. PALEO OMELETTE**

## Ingredients

Egg	1no
Oil	1tsp
Salt	To taste
Pepper powder	¼ tsp
Onion(chopped)	2 tsp
Red bell pepper(chopped)	2 tbsp
Spinach ( shredded)	2 tbsp

- Heat oil in a pan, sauté the onion , bell pepper, and spinach
- Add egg beaten with salt, pepper
- When cooked fold into half and serve



**140. PANEER OMELETTE**

## Ingredients

Egg	1no
Oil	1tsp
Salt	To taste
Pepper powder	¼ tsp
Paneer ( small cubes)	2 tbsp

- Heat oil in a pan, add egg beaten with salt, pepper
- Add paneer cubes
- When cooked fold into half and serve



**141. PAPAYA CHEESE OMELETTE****Ingredients**

Egg	1 no.
Oil	10ml
Papaya(grated)	2 tbsp
CHEESE	2 TBSP
Ginger and chilli	As req
seasonings	As req.

**METHOD**

- Heat pan and grease with oil
- Beat egg until frothy and pour into pan.
- Top with papaya, cheese, ginger ,chilli and seasonings.
- When cooked fold it in half and serve hot.





**142. PAPAYA OMELETTE****Ingredients**

Egg	1 no.
Oil	10ml
Papaya(grated)	2 tbsp
Ginger and chilli	As req
seasonings	As req.

**METHOD**

- Heat pan and grease with oil
- Beat egg until frothy and pour into pan.
- Top with papaya, ginger ,chilli and seasonings.
- When cooked fold it in half and serve hot.



**143. PARSLEY OMELETTE****Ingredients**

Egg	1no
Oil	1tsp
Salt	To taste
Pepper powder	¼ tsp
Parsley	2 tsp

**METHOD**

- Heat oil in a pan, add egg beaten with salt, pepper
- Top with chopped parsley.
- When cooked fold into half and serve



**144. PENNE PASTA OMELETTE**

## Ingredients

Egg	1no
Oil	1tsp
Salt	To taste
Pepper powder	¼ tsp
Penne pasta in red sauce	2 tbsp

## METHOD

- Heat oil in a pan, add egg beaten with salt, pepper
- Add the pasta as topping
- When cooked fold into half and serve



**145. PISTACHIO OMELETTE****Ingredients**

Egg	1no
Oil	1 tsp
Salt	To taste
Pistachio	20g

**METHOD**

- Heat oil in a pan
- Add beaten egg with required salt & pepper
- When almost done spread the sliced pistachio
- Fold into half and serve



**146. PIZZA OMELETTE****Ingredients**

Egg	1no
Oil	1tsp
Salt	To taste
Pepper powder	¼ tsp
Onion	2 tsp
Capsicum	2 tsp
Tomato	2tsp
Cheese	2tsp
Pizza sauce	

**METHOD**

- Heat oil in a pan, add egg beaten with salt, pepper
- Add the vegetables sautéed in pizza sauce as topping
- When cooked fold into half and serve



**147. POTATO BACON OMELETTE****Ingredients**

Egg	1no
Oil	1tsp
Salt	To taste
Pepper powder	¼ tsp
Potato ( diced )	2 tsp
Bacon ( diced)	2 tsp

**METHOD**

- Heat oil in a pan, sauté the bacon and potato till cooked.
- add egg beaten with salt, pepper
- Add the potato and bacon as toping
- When cooked fold into half and serve



**148. POTATO OMELETTE**

## Ingredients

Egg	1no
Oil	1tsp
Salt	To taste
Pepper powder	¼ tsp
Potato (diced)	2 tsp

## METHOD

- Heat oil in a pan, add potato till cooked
- add egg beaten with salt, pepper,
- When cooked fold into half and serve



**149. PRAWN MASALA OMELETTE****Ingredients**

Egg	1no
Oil	1tsp
Salt	To taste
Pepper powder	¼ tsp
Prawn	2 tsp
Kashmiri red chilli, turmeric, coriander powder , garam masala	As required

**METHOD**

- Heat oil in a pan, add the masalas, add boiled prawns and sauté till raw smell out and keep aside
- Into the same add egg beaten with salt, pepper
- When it is half done top with the masala prawns
- When cooked fold into half and serve





**150. PRAWN OMELETTE**

## Ingredients

Egg	1no
Oil	1tsp
Salt	To taste
Pepper powder	¼ tsp
PRAWN (cooked)	2 tbsp

## METHOD

- Heat oil in a pan, add egg beaten with salt, pepper
- Top with cooked prawns.
- When cooked fold into half and serve



**151. PUMPKIN CHEESE OMELETTE****Ingredients**

Egg	1no
Oil	1tsp
Salt	To taste
Pepper powder	¼ tsp
Cheese	
PUMPKIN (grated)	2 tbsp

**METHOD**

- Heat oil in a pan, add egg beaten with salt, pepper
- Top with grated pumpkin and cheese.
- When cooked fold into half and serve



**152. PUMPKIN GARLIC OMELETTE**

## Ingredients

Egg	1no
Oil	1tsp
Salt	To taste
Pepper powder	¼ tsp
Garlic	½ tsp
PUMPKIN (grated)	2 tbsp

## METHOD

- Heat oil in a pan, add egg beaten with salt, pepper
- Top with grated pumpkin and chopped garlic.
- When cooked fold into half and serve



**153. PUMPKIN GINGER OMELETTE****Ingredients**

Egg	1no
Oil	1tsp
Salt	To taste
Pepper powder	¼ tsp
Ginger	½ tsp
PUMPKIN (grated)	2 tbsp

**METHOD**

- Heat oil in a pan, add egg beaten with salt, pepper
- Top with grated pumpkin , chopped ginger.
- When cooked fold into half and serve.



**154. PUMPKIN OMELETTE**

## Ingredients

Egg	1no
Oil 1tsp	
Salt	To taste
Pepper powder	¼ tsp
PUMPKIN (grated)	2 tbsp

## METHOD

- Heat oil in a pan, add egg beaten with salt, pepper
- Top with grated pumpkin.
- When cooked fold into half and serve



**155. RAISIN WALNUT OMELETTE****Ingredients**

Egg	1no
Oil	1tsp
Salt	To taste
Pepper powder	¼ tsp
Raisins	2 tsp
Walnut	2 tsp

**METHOD**

- Heat oil in a pan, add egg beaten with salt, pepper, boiled rice
- Top with raisins and walnut.
- When cooked fold into half and serve



**156. RAW BANANA OMELETTE****Ingredients**

Egg	1no
Oil	1tsp
Salt	To taste
Pepper powder	¼ tsp
Raw banana (cooked)	2 tsp

**METHOD**

- Heat oil in a pan, add egg beaten with salt, pepper, boiled rice
- Top with cooked raw banana .
- When cooked fold into half and serve



**157. RAW BANANA ONION OMELETTE****Ingredients**

Egg	1no
Oil	1tsp
Salt	To taste
Pepper powder	¼ tsp
Raw banana	2 tsp
Onion	2 tsp

**METHOD**

- Heat oil in a pan, add egg beaten with salt, pepper, boiled rice
- Top with cooked raw banana and onion.
- When cooked fold into half and serve





**158. RED OMELETTE**

## Ingredients

Egg	1no
Oil	1tsp
Salt	To taste
Red chilli paste	2 tsp
Onion	2 tbsp

## METHOD

- Heat oil in a pan, add egg beaten with salt, pepper, red chili paste with onion
- When cooked fold into half and serve



**159. RED SPINACH OMELETTE****Ingredients**

Egg	1no
Oil	1tsp
Salt	To taste
Red spinach ( shred)	2 tsp

**METHOD**

- Heat oil in a pan, add egg beaten with salt, pepper, red chili paste with onion
- When cooked fold into half and serve



## 160. RICE OMELETTE

### Ingredients

Egg	1no
Oil 1tsp	
Salt	To taste
Pepper powder	¼ tsp
Boiled sticky rice	2 tsp

### METHOD

- Heat oil in a pan, add egg beaten with salt, pepper, boiled rice
- When cooked fold into half and serve



**161. ROASTED RED PEPPER OMELETTE****Ingredients**

Egg	1no
Oil	1tsp
Salt	To taste
Roasted red pepper	1 tbsp

**METHOD**

- Heat oil in a pan
- Add beaten egg with required salt
- Add chopped oven roasted red pepper
- Fold into half and serve



**162. ROSE OMELETTE**

## Ingredients

Egg	1no
Oil	1tsp
Salt	To taste
Pepper powder	¼ tsp
Rose petals	1.5 tsp

## METHOD

- Heat oil in a pan
- Add beaten egg with required salt & pepper
- When almost done spread the rose petals
- Fold into half and serve



**163. SALSA OMELETTE****INGREDIENTS**

Egg	1no
Oil	1tsp
Salt	To taste
Pepper powder	¼ tsp
Salsa paste	1.5 tsp

**METHOD**

- Heat oil in a pan
- Add beaten egg with required salt & pepper
- When almost done spread the salsa paste
- Fold into half and serve



**164. SAUSAGE AND MUSHROOM OMELETTE****INGREDIENTS**

Sausage	20Gm
Sliced Mushrooms	10Gm
Eggs	1No
Cheese	2Gm
Garlic & Cloves, Minced	2Gm
Pepper	1Gm
Fresh Parsley	1GM

**METHOD**

- In a 10-in. nonstick skillet, cook sausage and mushrooms over medium-high heat 4-6 minutes or until sausage is no longer pink, breaking up sausage into crumbles. Remove with a slotted spoon; wipe skillet clean.
- In a large bowl, whisk eggs, cheese, garlic and pepper until blended. Stir in parsley.
- In same skillet, heat 2 teaspoons oil over medium-high heat. Pour in half of the egg mixture. Mixture should set immediately at edges. As eggs set, push cooked portions toward the center, letting uncooked eggs flow underneath. When eggs are thickened and no liquid egg remains, spoon half of the sausage mixture on one side; fold omelet in half.
- Cut omelet in half; slide onto serving plates. Repeat with remaining ingredients.





**165. SAUSAGE IN TOMATO SAUCE OMELETTE****Ingredients**

Egg	1no
Oil 1 tsp	
Salt	To taste
Pepper powder	¼ tsp
Tomato sauce	20g
Edible sausage	15g

**METHOD**

- Heat oil in a pan
- Add beaten egg with required salt & pepper
- When almost done spread the sausage sautéed in tomato sauce
- Fold into half and serve





**166. SCRAMBLED CABBAGE OMELETTE****Ingredients**

Egg	1no
Oil	2tsp
Salt	To taste
Pepper powder	¼ tsp
Cabbage	20 g
Onion	10g

**METHOD**

- Heat 1tsp oil in a pan
- Add chopped onion and cabbage when it is done remove from pan
- Heat the remaining oil
- Add beaten egg with required salt & pepper
- When it is half done spread cooked cabbage
- Fold into half and serve



**167. SCRAMBLED CARROT OMELETTE****Ingredients**

Egg	1no
Oil	2tsp
Salt	To taste
Pepper powder	¼ tsp
Carrot	20 g
Onion	10g

**METHOD**

- Heat 1tsp oil in a pan
- Add chopped onion and carrot when it is done remove from pan
- Heat the remaining oil
- Add beaten egg with required salt & pepper
- When it is half done spread cooked carrot
- Fold into half and serve



**168. SCRAMBLED CHICKEN TIKKA OMELETTE**

## Ingredients

Egg	1no
Oil	2tsp
Salt	To taste
Pepper powder	¼ tsp
Chicken tikka (shredded)	20 g

## METHOD

- Heat oil in a pan
- Add beaten egg with required salt & pepper
- When almost done top shredded chicken tikka
- Fold into half and serve



**169. SCRAMBLED KERALA PAROTTA OMELETTE****Ingredients**

Egg	1no
Oil	2tsp
Salt	To taste
Pepper powder	¼ tsp
Kerala parotta	¼ no

**METHOD**

- Heat oil in a pan
- Add beaten egg with required salt & pepper
- When almost done top with shredded Kerala parotta
- Fold into half and serve



**170. SEV OMELETTE**

## Ingredients

Egg	1No
Oil	1Tsp
Salt	To Taste
Pepper Powder	¼ Tsp
Sev	1.5 tsp

## METHOD

- Heat oil in a pan
- Add beaten egg with required salt & pepper
- When almost done spread the sev
- Fold into half and serve



**171. SHALLOTS OMELETTE****Ingredients**

Egg	1no
Oil	1tsp
Salt	To taste
Pepper powder	¼ tsp
Shallots	1.5 tsp

**METHOD**

- Heat oil in a pan
- Add beaten egg with required salt & pepper
- When almost done spread the salsa paste
- Fold into half and serve



**172. SHRIMP & CHEESE OMELETTE**

## Ingredients

Egg	1no
Oil	1 tsp
Salt	To taste
Pepper powder	¼ tsp
Shrimp	20 g
White cheese	20g

## METHOD

- Heat oil in a pan
- Add beaten egg with required salt & pepper
- When almost done spread the boiled shrimps and diced cheese
- Fold into half and serve



**173. SLICED EGG OMELETTE****Ingredients**

Egg	1no
Oil 1 tsp	
Salt	To taste
Pepper powder	¼ tsp
Boiled egg	1 no

**METHOD**

- Heat oil in a pan
- Add beaten egg with required salt & pepper
- When almost done spread the sliced boiled egg
- Fold into half and serve





**174. SMOKED BEEF OMELETTE**

## Ingredients

Egg	1no
Oil 1 tsp	
Salt	To taste
Pepper powder	¼ tsp
Grilled, smoked beef	20 g

## METHOD

- Heat oil in a pan
- Add beaten egg with required salt & pepper
- When almost done spread the grilled smoked beef
- Fold into half and serve



**175. SMOKED PRAWNS OMELETTE****Ingredients**

Egg	1no
Oil	1 tsp
Salt	To taste
Pepper powder	¼ tsp
Grilled, smoked prawns	20 g

**METHOD**

- Heat oil in a pan
- Add beaten egg with required salt & pepper
- When almost done spread the grilled smoked prawns
- Fold into half and serve



## 176. SPAGHETTI OMELETTE

### Ingredients

Egg	1no
Oil	1tsp
Salt	To taste
Pepper powder	¼ tsp
Spaghetti in red sauce	2 tbsp

### METHOD

- Heat oil in a pan, add egg beaten with salt, pepper
- Add the pasta as topping.
- When cooked fold into half and serve



**177. SPICY OMELETTE WITH CASHEWS****Ingredients**

Egg	1no
Oil	1tsp
Salt	To taste
Pepper powder	¼ tsp
Red chilli paste	½ tsp
Cashew nut ( chopped)	1 tsp

**METHOD**

- Heat oil in a pan, add egg beaten with salt, pepper, and red chilli paste
- Spread cashew nut on the top
- When it is done fold into half and serve hot



**178. SPICY PINEAPPLE TOPPED OMELETTE**

## Ingredients

Egg	1no
Oil	1 tsp
Salt	To taste
Pepper powder	¼ tsp
Grilled spicy pineapple	20 g

- Heat oil in a pan
- Add beaten egg with required salt & pepper
- When almost done spread the grilled spicy pineapple
- Fold into half and serve



**179. SPINACH CHEESE OMELETTE****Ingredients**

Egg	1no
Oil	1 tsp
Salt	To taste
Pepper powder	¼ tsp
Spinach	10 g
Mozzerella cheese	10 g

**METHOD**

- Heat oil in a pan
- Add beaten egg with required salt & pepper
- When almost done spread the sliced spinach and grated mozzarella cheese
- Fold into half and serve



**180. SPINACH MUSHROOM OMELETTE****Ingredients**

Egg	1no
Oil	1 tsp
Salt	To taste
Pepper powder	¼ tsp
Spinach	10g
Button mushroom (tinned)	2 no

**METHOD**

- Heat oil in a pan
- Add beaten egg with required salt & pepper
- When almost done spread the sliced spinach and button mushroom
- Fold into half and serve





**181. SPINACH OMELETTE****Ingredients**

Egg	1no
Oil	1 tsp
Salt	To taste
Pepper powder	¼ tsp
Shredded spinach	10 g

- Heat oil in a pan
- Add beaten egg with required salt & pepper
- When almost done spread the sliced spinach
- Fold into half and serve





**182. SPRING ONION OMELETTE**

Ingredients	Quality
Egg	1no
Seasoning	As required
Spring onion	10 gm

**METHOD**

- Heat oil in a pan add beaten egg with seasoning
- When it cook add remaining ingredients
- Fold half and serve hot



**183. SPROUTS OMELETTE****Ingredients**

Egg	1no
Oil	1 tsp
Salt	To taste
Pepper powder	¼ tsp
Sprouts	20g

**METHOD**

- Heat oil in a pan
- Add beaten egg with required salt & pepper
- When almost done spread the sprouts
- Fold into half and serve



**184. SWEET CORN OMELETTE****Ingredients**

Egg	1no
Oil	1 tsp
Salt	To taste
Pepper powder	¼ tsp
Cooked sweet corn	20g

**METHOD**

- Heat oil in a pan
- Add beaten egg with required salt & pepper
- When almost done spread the cooked sweat corn
- Fold into half and serve



**187. SCHEZWAN PRAWNS OMELETTE****Ingredients**

Egg	1no
Oil	1 tsp
Salt	To taste
Boiled prawns	30 g
Schezwan sauce	3tsp

**METHOD**

- Heat oil in a pan
- Add beaten egg with required salt & pepper
- When almost done spread the prawns sautéed in schezwan sauce
- Fold into half and serve



**188. SCHEZWAN SAUSAGE OMELETTE**

## Ingredients

Egg	1no
Oil	1 tsp
Salt	To taste
Pepper powder	¼ tsp
Schezwan sauce	2 tsp

## METHOD

- Heat oil in a pan
- Add beaten egg with required salt & pepper
- When almost done spread the sausage sautéed in schezwan sauce
- Fold into half and serve



**189. TABASCO OMELETTE****Ingredients**

Egg	1no
Oil	1 tsp
Salt	To taste
Pepper powder	¼ tsp
Tabasco sauce	5ml
Onion	10g

**METHOD**

- Heat oil in a pan
- Add beaten egg with required salt & pepper
- When almost done spread chopped onion mixed with tabasco sauce
- Fold into half and serve



**190. THAI GREEN AUBERGINE OMELETTE****Ingredients**

Egg	1no
Oil	1tsp
Salt	To taste
Pepper powder	¼ tsp
Thai green paste	1/2 tsp
aubergine	1.5 tsp

**METHOD**

- Heat oil in a pan, add egg beaten with salt and pepper
- When it is half done add julienne aubergine sauteyed in thai green paste
- When it is done fold into half and serve hot



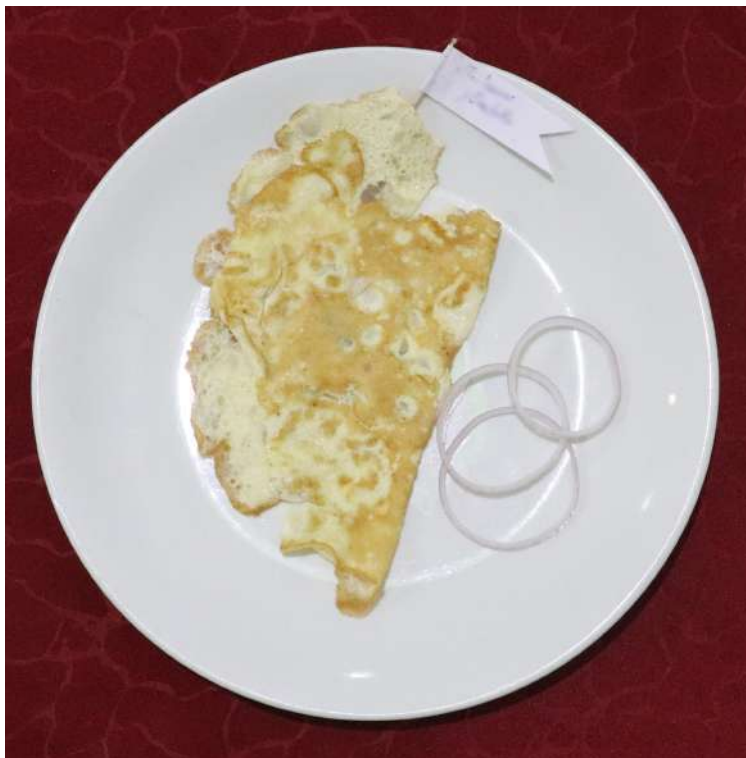


**191. THAI GREEN CRAB OMELETTE****Ingredients**

Egg	1no
Oil	1tsp
Salt	To taste
Pepper powder	¼ tsp
Thai green paste	1/2 tsp
Crab	1.5 tsp

**METHOD**

- Heat oil in a pan, add egg beaten with salt and pepper
- When it is half done add julienne aubergine sauteyed in thai green paste
- When it is done fold into half and serve hot





**192. THAI GREEN PRAWNS OMELETTE****Ingredients**

Egg	1no
Oil	1tsp
Salt	To taste
Pepper powder	¼ tsp
Thai green paste	1/2 tsp
Prawns	1.5 tsp

**METHOD**

- Heat oil in a pan, add egg beaten with salt and pepper
- When it is half done spread prawns sauteyed with thai green paste
- When it is done fold into half and serve hot



**193. THAI RED AUBERGINE OMELETTE****Ingredients**

Egg	1no
Oil	1tsp
Salt	To taste
Pepper powder	¼ tsp
Thai red paste	1/2 tsp
aubergine	1.5 tsp

**METHOD**

- Heat oil in a pan, add egg beaten with salt and pepper
- When it is half done add julienne aubergine sauteyed in thai red paste
- When it is done fold into half and serve hot

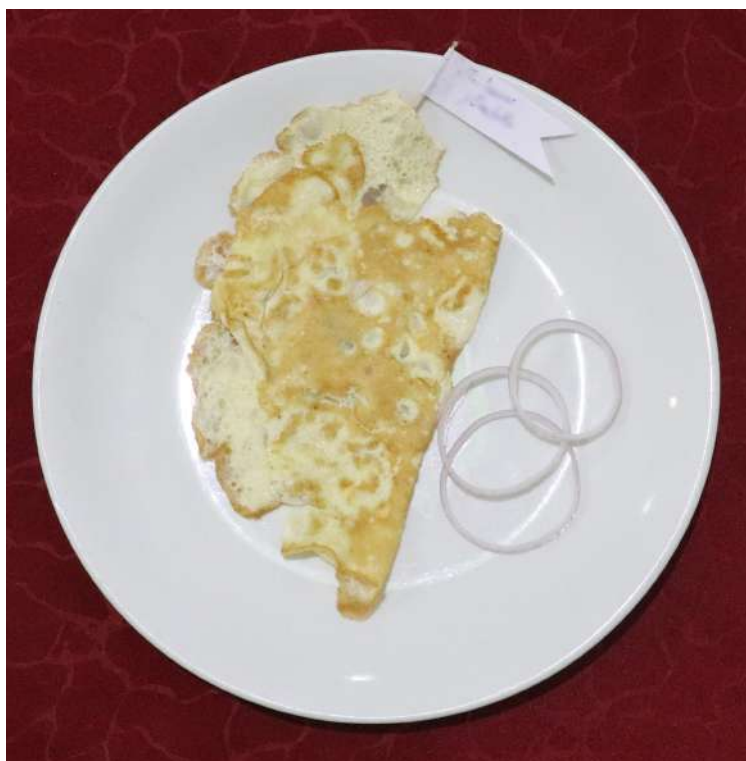


**194. THAI RED CRAB OMELETTE****Ingredients**

Egg	1no
Oil	1tsp
Salt	To taste
Pepper powder	¼ tsp
Crab meat ( cooked)	1.5 tsp
Thai red curry paste	1 tsp

**METHOD**

- Heat oil in a paste, add egg beaten with salt and pepper
- When it is half done top with crab meat sauteyed in thai red curry paste
- When it is done fold into half and serve hot



**195. THAI RED PRAWNS OMELETTE****Ingredients**

Egg	1no
Oil	1tsp
Salt	To taste
Pepper powder	¼ tsp
Prawns ( cooked)	1.5 tsp
Thai red curry paste	1 tsp

**METHOD**

- Heat oil in a paste, add egg beaten with salt and pepper
- When it is half done top with prawns sauteyed in thai red curry paste
- When it is done fold into half and serve hot



**196. TOMATO AND GREEN PEPPER OMELETTE****Ingredients**

Egg	1no
Oil	1 tsp
Salt	To taste
Pepper powder	¼ tsp
Tomato	15g
Green pepper	15 g

**METHOD**

- Heat oil in a pan
- Saute Vegetables in butter
- Add beaten egg with required salt & pepper
- When half-done spread the chopped tomato and green pepper
- Fold into half and serve



**197. TOMATO CHEESE OMELETTE****Ingredients**

Egg	1no
Oil	1 tsp
Salt	To taste
Pepper powder	¼ tsp
Tomato	15g
Mozzerla cheese	15 g

**METHOD**

- Heat oil in a pan
- Saute Vegetables in butter
- Add beaten egg with required salt & pepper
- When almost done spread the halved cherry tomatoes and grated mozzarella cheese
- Fold into half and serve



**198. TOMATO HERB OMELETTE****INGREDIENTS**

Rapeseed Oil	5Ml
Tomatoes, Halved	1No
Large Eggs	1No
Chopped Parsley	5Gm
Chopped Basil	5Gm

**METHOD**

- Heat oil in a pan, add eggs beaten with salt and pepper
- When it is half done add chopped tomato and other ingredients
- When it is done fold into half and serve hot





**199. TOMATO OMELETTE****Ingredients**

Egg	1no
Oil	1 tsp
Salt	To taste
Pepper powder	¼ tsp
Cherry tomatoes	20g

**METHOD**

- Heat oil in a pan
- Saute Vegetables in butter
- Add beaten egg with required salt & pepper
- When almost done add sliced cherry tomatoes
- Fold into half and serve





**200. TOMATO PUREE TOPPED OMELETTE**

## Ingredients

Egg	1no
Oil	1 tsp
Salt	To taste
Pepper powder	¼ tsp
Tomato puree	1 tsp

- Heat oil in a pan
- Saute Vegetables in butter
- Add beaten egg with required salt & pepper
- When almost done spread the tomato puree
- Fold into half and serve



**201. TOMATO SPINACH OMELETTE****Ingredients**

Egg	1no
Oil	1 tsp
Salt	To taste
Pepper powder	¼ tsp
Tomato	15 g
Spinach	10g

**METHOD**

- Heat oil in a pan
- Saute Vegetables in butter
- Add beaten egg with required salt & pepper
- When almost done spread the tossed sliced spinach & tomato
- Fold into half and serve



**202. TOMATO, GARLIC & ZUCCHINI OMELETTE**

## Ingredients

Egg	1no
Oil	1 tsp
Salt	To taste
Pepper powder	¼ tsp
Tomato	15g
Garlic	1 Flake
Zucchini	15 g

- Heat oil in a pan
- Saute Vegetables in butter
- Add beaten egg with required salt & pepper
- When almost done spread the chopped tomato, zucchini, and garlic
- Fold into half and serve



**203. TUNA AND SPINACH OMELETTE****Ingredients**

Egg	1no
Oil	1tsp
Salt	To taste
Pepper powder	¼ tsp
Tuna	20 g
Spinach (green)	10 g

**METHOD**

- Heat oil in a pan
- Add beaten egg with salt, pepper & stripped spinach
- When half-done top with thinly sliced and fried tuna
- Fold into half and serve



**204. TUNA OMELETTE****Ingredients**

Egg	1no
Oil	1tsp
Salt	To taste
Pepper powder	¼ tsp
Tuna	20 g

**METHOD**

- Heat oil in a pan
- Add beaten egg with salt, pepper & stripped spinach
- When half-done top with thinly sliced fried tuna
- Fold into half and serve



**205. WHITE CHEESE SPAGHETTI OMELETTE**

## Ingredients

Egg	1no
Oil	1tsp
Salt	To taste
Pepper powder	¼ tsp
Spaghetti in white sauce	20 g
Cheese	10g

## Method

- Heat oil in a pan
- Add beaten egg with salt, pepper
- When half-done top with spaghetti in white sauce and grated cheese
- Fold into half and serve



**206. WHITE PENNE CHEESE OMELETTE**

## Ingredients

Egg	1no
Oil	1tsp
Salt	To taste
Cheese	10g
Penne in white sauce	20 g

## Method

- Heat oil in a pan
- Add beaten egg with salt, pepper
- When half-done top with penne in white sauce and grated cheese
- Fold into half and serve



**207. WHITE PENNE OMELETTE**

## Ingredients

Egg	1no
Oil	1tsp
Salt	To taste
Penne in white sauce	2g

## Method

- Heat oil in a pan
- Add beaten egg with salt, pepper
- When half-done top with penne in white sauce
- Fold into half and serve





**208. WHITE SPAGHETTI OMELETTE****Ingredients**

Egg	1no
Oil	1tsp
Salt	To taste
Spaghetti in white sauce	20g

**Method**

- Heat oil in a pan
- Add beaten egg with salt, pepper
- When half-done top with spaghetti in white sauce
- Fold into half and serve

