



LOVES FOOD

BREAKFAST BACON OMELETTE

INGREDIENTS (per person):

- 3 eggs
- A handful of sweet corn
- A quarter pack of shoulder or back bacon
- Half a green pepper chopped finely
- A quarter red onion chopped finely
- A quarter teaspoon of salt
- A quarter teaspoon of black pepper

METHOD:

1. Rinse the frozen corn and drain. Set aside
2. Parboil the bacon and cut into small pieces
3. Beat eggs, salt and black pepper together
4. Add corn, bacon pieces, green pepper and onion
5. Beat well together
6. Using a non-stick pan, spray non-stick spray
7. Pour egg mixture and allow to set at the bottom
8. Flip to cook the other side

SERVING SUGGESTION

Breakfast or brunch for the win! This omelette goes well with some baked beans and toast on a lazy Saturday.

Enjoy!

With love,
From Famous Warrior's kitchen