

Jamie Oliver's Best Ever Ham & Mushroom Omelette



Ingredients

- 1/2 clove of garlic
- 50g mushrooms
- 25g cheddar cheese
- 25g higher-welfare leftover cooked ham
- A few sprigs fresh flat-leaf parsley
- A few sprigs fresh chives
- Olive oil
- 2 large free range eggs



Method

1. Peel and very finely slice the garlic and trim and roughly slice the mushrooms. Coarsely grate the cheddar, shred the ham into strips and pick the parsley leaves, then finely chop along with the chives.
2. Put the garlic into a small non-stick pan with 1 teaspoon of olive oil on a medium heat and cook for around 1 minute, or until lightly golden. Add the mushrooms, a pinch of sea salt and black pepper, then fry gently for a few minutes, or until all the liquid has evaporated. Tip into a bowl and put aside.
3. Crack the eggs into a mixing bowl, season lightly with salt and pepper and whisk together well. Wipe out your frying pan with a piece of kitchen paper and then place the pan back on a medium heat. Add 2 teaspoons of olive oil, then swirl to coat the pan.
4. Tip in the eggs and give the pan a good shake, then with a wooden spoon, pull back the cooked egg from the sides allowing the runny egg to fill the gap – do this several times, tilting the pan to help the egg run. When there's no more runny egg on the surface of the omelette, sprinkle over the shredded ham, mushrooms and the cheddar, then fold the omelette up like an envelope. Tip onto a warm plate and sprinkle with the chopped herbs, then serve.