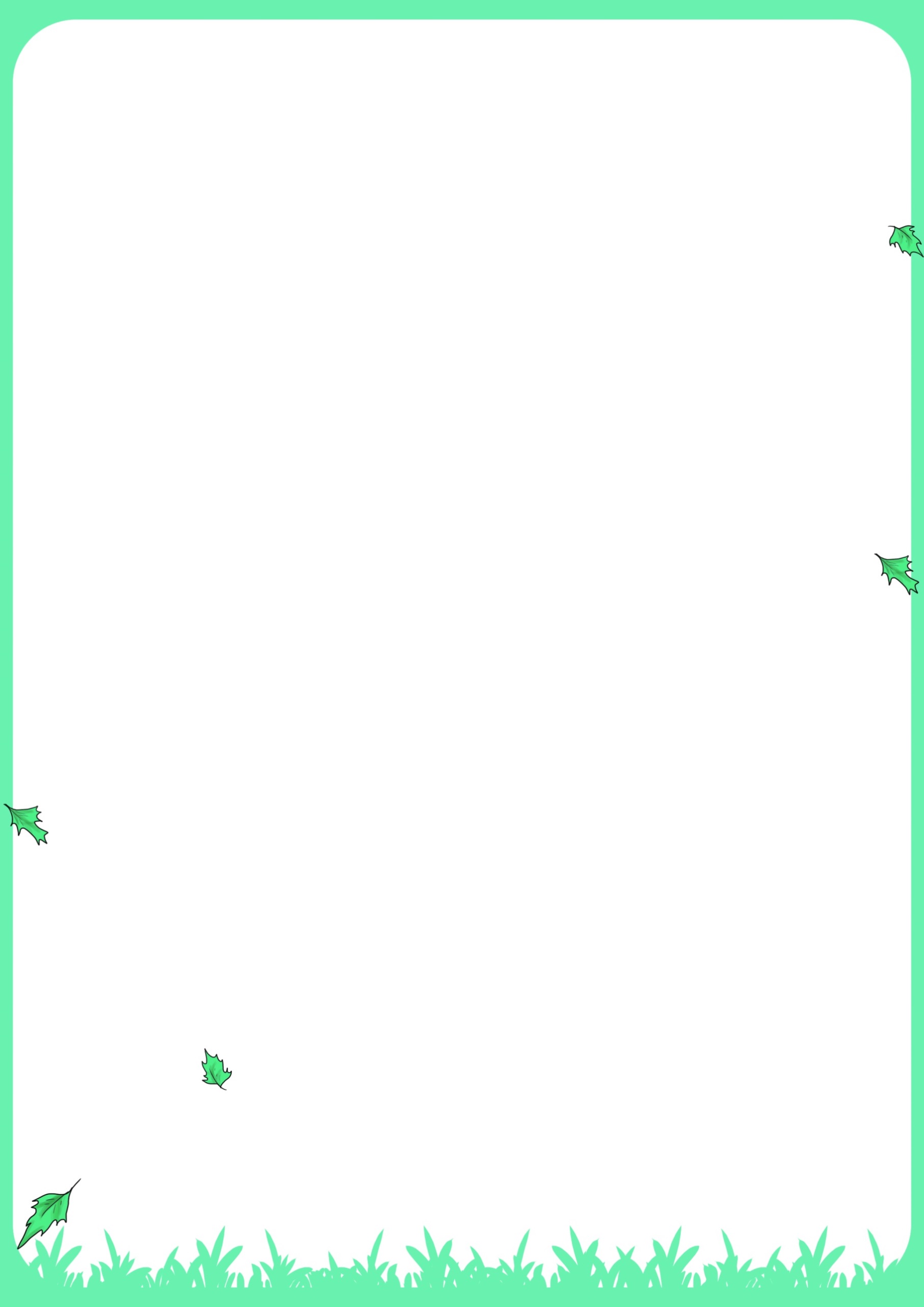
A plate of food

Description automatically generated with medium confidence** Ingredients**

***Easy Kids Omelette***

*A great food for weaning and encouraging new tastes and textures.*

**(Prep time 5 mins, cooking time 5 mins, 5 servings)**

* 1 knob of butter
* 1 tomato – deseeded and diced
* 1 teaspoon of Oregano
* 2 -3 eggs
* 30gms of grated cheese

**Method **

1. Melt some of the butter in a frying pan
2. Then add the tomato and Oregano
3. Cook for 2 – 3 minutes then remove from the heat and put to the side on a spare plate.
4. Whisk the eggs in a jug or bowl
5. Put the remaining butter in the frying pan to melt and then add the eggs
6. Cook on a low heat using a spatula to lift the sides up and allow the raw egg to escape underneath.
7. After two minutes place the tomato and cheese across one side of the omelette and cook for 1 more minute
8. Then remove from the heat, flip over the plain side of the omelette making a semi-circle. Cut into finger shapes, all done!!

Swap and change the tomato for other vegetables too

A picture containing outdoor object

Description automatically generated

Recipe from BBC food webpage

**mash   mix shape cut**

**Symbols** and **words** show food skills that children (dependent on age and adult support) can do.