

Omelette in a bag

2 Eggs
10g of Shredded Cheese
Chopped Ham
Salt *(Optional)*
Pepper *(Optional)*
1 Resealable Freezer Bag

Open the freezer bag and crack two eggs into it. *(This may be easier to place the bag inside a deep jug, to hold the opening steadily open)*

Once your two eggs are inside the bag, squeeze as much air as you can out of the bag, seal it, then squeeze the eggs until they're runny and beaten.

Reopen the bag. Add your cheese, ham and *(optional)* a sprinkle of salt & pepper. Now squeeze as much air as you can out of the bag, and seal the bag shut.

Fill your pan with water and bring it to boiling point.

Place your omelette bag into the pan.

Leave them to cook for roughly 9 - 10 minutes, until the mixture is no longer runny.

Use a pair of tongs to safely remove the bag from the pan and onto a plate, gently shaking off any excess water around the top of the bag.

Carefully open the top of the omelette bag *(you can use a pair of scissors if necessary)* and slide the omelette onto your plate.