

CAPSICUM AND LEAN HAM OMELETTE

Served on a thick piece of buttered toast, this folded omelette is a breakfast delight.

EASY	5 MINS	5 MINS	2

Ingredients

- 2 tsp olive oil
- 1/2 medium (100g) red capsicum, sliced
- 1/2 medium (100g) green capsicum, sliced
- 2 slices (40g) ham
- 2 tsp olive oil, extra
- 4 eggs
- 1/4 cup (60mL) CARNATION Light & Creamy Evaporated Milk
- 1 tbsp chopped parsley

Instructions

1. Heat oil in medium frying pan over medium heat; add ham and capsicums, cook for 2 minutes. Remove from pan, keep warm. Wipe frying pan clean.
2. Heat frying over medium heat. Add oil; pour in combined eggs, CARNATION Light and Creamy Evaporated Milk and parsley; cook until golden and set.
3. Top with filling, fold over and serve.