

Recipe of the Month



Omelette Popovers

Ingredients

- 1 Small Onion, finely diced
- ½ cup Grated Cheddar Cheese
- ½ cup Frozen Peas
- 2 tbsp chopped Chives
- 8 Free Range Medium Eggs
- Ground Black Pepper
- 50ml Milk

Method:

- 1 Preheat oven to **180°C**.
- 2 Lightly grease a 12 hole muffin tin.
- 3 Peel and finely dice the onion. Place a little into each of the muffin holes and place in the oven for **5 minutes** to soften slightly. Remove from the oven **after 5 minutes**.
- 4 Crack 8 eggs and beat well. Add the grated cheese, peas, ground pepper and milk and mix well.
- 5 Divide the mixture between the muffin holes and bake for roughly **12 minutes** until the egg has puffed up and and the omelettes are golden.
- 6 Serve with vegetable sticks and/or a leafy salad.