

# HOW TO COOK AN OMELET

OMELET IS A DISH THAT CONTAINS VEGETABLES AND EGG. IT CAN ALSO BE A BREAKFAST DISH. YOU CAN EVEN HAVE IT FOR LUNCH IF YOU WANT.

TO COOK AN OMELET, YOU WILL NEED OLIVE OIL, ONIONS, 2 EGGS, CAPSICUM, TOMATOES, CARROTS, SALT AND PEPPER. YOU WILL ALSO NEED A PAN, TURNER, BOWL, A FORK, CHOPPING BOARD, AND A KNIFE.

FIRST YOU HAVE TO GATHER ALL OF THE INGREDIENTS.

CRACK THE 2 EGGS AND BEAT IT IN A BOWL USING A FORK. ADD SOME SALT AND PEPPER.

CUT THE CAPSICUM, TOMATOES, CARROTS AND ONIONS IN SMALL PIECES.

PUT THE PAN ON THE STOVE AND HEAT IT FOR 2 MINS. THEN CAREFULLY POUR THE OLIVE OIL ON THE PAN.

COOK ALL THE VEGETABLES FOR 5 MINS, THEN ADD SOME SALT AND PEPPER. ONCE COOKED, SET ASIDE IN A BOWL.

HEAT THE PAN AGAIN AND POUR OLIVE OIL, THEN ADD THE EGGS.

POUR THE VEGETABLES ON THE EGGS AND COVER THE PAN. WAIT FOR 3 MINS UNTIL COOKED.

PUT THE OMELET ON A PLATE AND SERVE.

OMELET IS NICE WITH KETCHUP OR CHILI SAUCE. YOU CAN EAT IT WITH BREAD AND RICE. ENJOY!

