

# Roquefort and sun dried tomato omelette with rocket

Takes 10 minutes, serves 1 and uses a frying pan

## INGREDIENTS

2 eggs

40g roquefort

4 sun dried tomatoes from a jar with oil, chopped

A handful of rocket

## DIRECTIONS

Heat a frying pan over a medium-low heat for a few minutes, so that it is up to temperature before you start cooking.

Whisk the eggs in a bowl and season well.

Add 1 teaspoon of the oil from your sun dried tomato jar to the pan and swirl it around. Pour the eggs into the pan and move them around, bringing the edges in with a fork and tilting the pan to move the liquid egg around.

When the omelette has a firm base and is still slightly runny on top, crumble the roquefort and scatter the tomatoes all over it.

Cook the omelette for slightly longer, just before the top has completely set, fold the edges over and turn it out, onto a plate.

Top with a handful of rocket and serve.

