



Crab, Goats Cheddar and Chive Omelette

(makes 2 servings)

Have a go even if omelette-making scares you - nobody needs to 'see' the result and it's really tasty (also good cold in slices as a snack)!

Ingredients

4 tablespoons avocado oil
1 medium onion, peeled and grated (use a box grater)
200g white potato, peeled and grated (use a box grater)
6 large omega 3-rich eggs
250g fresh crabmeat (good quality tinned is fine)
100g goats cheese cheddar, grated
3 tablespoons finely chopped fresh chives
Sea salt
White pepper
Fresh watercress

Method

Warm half the oil in a shallow pan and gently sauté the onion and potato until soft and cooked through.

Whisk the eggs in a bowl, add the crab, cheese, chives and the cooked onions and potatoes, season with a good pinch of salt and a shake of pepper, stir well and leave aside for a minute.

Warm the other half of the oil in an omelette pan until shimmering but not smoking then turn the heat to low and pour the omelette mixture in all at once.

Drag the edges of the omelette away from the sides with a spatula as it cooks and let 'runny' egg fill the spaces until there is very little 'liquid' left on the surface.

Turn the heat off, place a large plate on top of the omelette pan and using oven gloves, invert the omelette onto the plate then slide it back into the pan.

Cover with the plate again and let it rest for a minute or two before folding, halving and serving with lots of bitter watercress, lightly coated in extra virgin olive oil.