



Nothing beats a juicy omelette on a lazy Saturday morning. This omelet is stuffed with tomatoes, crispy bell peppers and the taste of coriander and onion really comes through.

**Serves:1

**Time:7 minutes

Ingredients:

2 eggs

½ finely diced bell pepper

1 bunch of coriander stalks

½ sliced tomato

1/2 a red onion

Salt and pepper to taste



Method.

Crack the eggs and put them in a bowl. Add the finely chopped coriander stalks and beat the egg mixture.

Add this to a heated, oiled frying pan. Sprinkle some salt on this then let the egg fry undisturbed for about a minute.

After the egg turns white and becomes semi-solid, put your tomato slices and the finely chopped bell peppers on one half on the omelet then fold it. Sprinkle some black pepper on them.

Let this stay on the heat for about 3 minute so that it cooks through. After this time lapses, remove from heat and serve.

This delicious recipe was brought to you by Kaluhi's Kitchen

<http://kaluhiskitchen.com/7-minute-omelette/>