

Omelette with Beans

Every good cook should have a few omelettes in their repertoire. This version includes soft white beans and is finished with a layer of toasted sesame seeds.

Ingredients
30ml / 2tbsp olive oil
5ml / 1 tsp sesame oil
1 Spanish onion, chopped
1 small red pepper, seeded and diced
2 celery sticks, chopped
1 x 400g / 14 oz can soft white beans, drained
8 eggs
45ml / 3 tbsp sesame seeds
salt and freshly ground black pepper
green salad, to serve

Serves 4

Step One

Heat the olive and sesame oils in a 30cm/ 12in flameproof frying pan. Add the onion, pepper, and celery and cook to soften without colouring.

Step Two

Add the beans and continue to cook over a gentle heat for several minutes to heat through.

Step Three

In a small bowl, beat the eggs with a fork, season with salt and pepper and pour over the ingredients in the pan.

Step Four

Stir the egg mixture with a flat wooden spoon until it begins to stiffen, then allow to firm over a low heat for 6-8 minutes.

Step Five

Preheat a moderate grill. Sprinkle the omelette with sesame seeds and brown evenly under the grill.

Step Six

Cut the omelette into thick wedges and serve warm with a green salad.

Variation

You can also use sliced cooked potatoes, any seasonal vegetables, baby artichoke heart, and chickpeas in this omelette.