

## Week 2: Cooking Omelettes with Eugene



### New Directions: Maximising Independence



Name:



Date:

1. Peel and chop an onion  
Keep fingers back from the knife.



2. Chop the ham.  
Keep fingers back from the knife.



3. Chop some tomatoes.  
Keep your fingers out of the way.



4. Crack 3 eggs into a bowl. Whisk the eggs.



5. Add a splash of milk, some black pepper and a pinch of salt.



6. Heat the oil and butter in a frying pan.  
Add onion to cook it.



7. Add the egg mixture to the pan. Then add the tomatoes and ham.  
Don't stir too much. Use a spatula to go around the edges.



8. When it set add the cheese.



9. Flip the omelette into half.



10. Flip it onto a plate once it is cooked and enjoy!