FRIDGE FORAGE OMELETTE

Recipe by Hubbub team member Mark Breen.

Forage leftover salad vegetables and herbs from your fridge and turn the flavour dial up to ten and the waste dial down to zero.

INGREDIENTS
(serves 1)

- 3 eggs
- Fridge foraged salad vegetables and herbs (we like a tomato – diced, a spring onion – sliced and a small handful of parsley – shredded)
- 10g unsalted butter
- Small chunk of hard cheese, grated

METHOD

1 Sweat the spring onions in a little oil or butter to soften, add the tomato and the parsley and take off the heat. Or use whatever salad veg and herbs you found in your fridge forage.

2 Warm a frying pan over a medium flame.

3 Crack the eggs into a bowl and mix with a fork, do not mix too vigorously. Season with salt and pepper.

4 Add the butter to the pan and as soon as it melts and appears quite hot (but not burning) add the eggs. Allow the eggs to settle in the pan for about 10 seconds and then start to move quickly with a whisk. Stop moving the eggs while the omelette is slightly undercooked.

5 Place the tomato mixture and grated cheese in a line through the middle of the omelette. Fold the edges of the omelette over the filling and push the omelette to the end of the pan opposite the handle.

6 Turn the omelette out onto the plate and serve straight away.

FOOD SAVVY TOP TIPS

PLAN
Take a moment to think about the week ahead, make a plan and stick to it so you only buy what you need.

STORE
Don't ignore where to store! Follow packaging guidelines and make friends with your fridge and freezer.

SHOP
Make a list or take a "shelfie"and only buy what you need.

PORTION
Get your portions right and your purse will see the benefit. Weighing scales are a great tool to help you.

KNOW YOUR DATES
Best Before date -food is still perfectly good to eat after this date.
Use by date - relates to food safety.
Food should not be eaten after this date.

LEFTOVERS
Leftovers also make great lunches and keep in the fridge for two days.