



Egg free omelet

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Ingredients

- 1 medium size Potato
- ¼ Onion
- 2 tsp Pea flour
- 1 tsp BBQ Spice
- 2 ml Ground Black Pepper
- Salt to taste

Method

- Grate the Onion and Potato together.
- Mix the Pea flour with the spice and add to the potato.
- Warm a heavy base pan with a little oil.
- Dish the potato mixture in the hot pan and quickly flatten with back of a large spoon.
- Ensure that the potato is not too thick. Pan must just be covered.
- Bake till light brown on medium heat.
- Turn over and bake the other side also until golden brown.
- Fill with filling of your choice.

Serve immediately while hot.

Make 1 Omelet 19 cm