

Spicy Sausage, Potato and Cheese Omelette

Serves 2 as a snack, or 1 as a main

Ingredients

1 small potato, cut into 2-cm dice
1 tsp olive oil
50g Merguez or other spicy sausage, chopped
2-3 eggs
Chopped parsley
25g grated cheddar cheese

Method

1. Cook potato in boiling water for 8-10 minutes or until tender. Drain and allow to steam dry. Heat oil in an omelette pan, add sausage and cook 2 minutes. Add potato and cook further 5 minutes until potatoes start to crisp up. Spoon contents out.
2. Wipe pan, cook a 2-3 egg omelette in same pan. When almost cooked, sprinkle with the sausage, potato, parsley and cheese.
3. Fold omelette in the pan and cook 1 more minute to melt the cheese. Or alternatively, place unfolded omelette under hot grill for 2 minutes until cheese is melted. Serve at once with crusty bread.