

## Week 1 – Cooking (Wednesday)

- **Cooking - Asparagus omelette**

<https://www.bbcgoodfood.com/recipes/asparagus-omelette>

### **Ingredients**

- large bunch of asparagus - sliced in half lengthways
- 6 large eggs
- 145g tub fresh pesto
- 2 x 25g seeds snack packs (we used Munchy Seeds)

### **Method**

Heat grill to high. Toss the asparagus in olive oil, season and cook in an ovenproof frying pan until softened. Mix the eggs with half the pesto. Take half of the asparagus out of the pan, then spread out the rest. Pour over half the egg mixture. Cook for a few mins on the hob before finishing under the grill. Fold over, then repeat with the rest of the ingredients. Drizzle the remaining pesto over the omelettes and sprinkle the seeds on top.