

Recipe Card # 6
Zingy Chicken Omelet



Friend's Fiji Style® Delights

Ingredients: 1 chicken breast, 2 tbsp. capsicum, 1/4 c. onion, 1/4 c. celery, 3 tbsp. butter, 2 cloves garlic, 5 eggs, slightly beaten, 1/2 c. milk, 1/2 tsp. salt, Friends Fiji Style Chilli Chutney.

Method: Heat a little butter. Cook onion till soft, add cubed chicken, a teaspoon Friends Fiji Style Chilli Chutney and garlic. Once chicken is cooked, add capsicum and celery; heat through. Remove mixture from skillet. Combine eggs, milk, and salt; pour into hot skillet with a little more butter. Cook slowly, lifting eggs to allow uncooked portion to flow under. Place chicken/vegetable mixture on half the omelet; fold over. Tilt pan and roll omelet onto hot plate. Serve garnished with sliced fresh tomatoes and coriander with toast and a hot cuppa . Serves 2-3.

