



Italian Omelette Recipe

Preparation Time	15
Cooking Time	35
Serving Size	16

Ingredients:

- 2 Tbsp oil
- 8 tsp garlic, crushed
- 1/4 cup onion, sliced
- 200 g beef, ground
- 500 g potato, cut into strips
- 1 pouch DEL MONTE Italian Style Spaghetti Sauce (250g)
- 12 pc egg, lightly beaten
- 1/4 cup green onions, chopped
- 1 1/2 tsp salt, iodized fine
- 1/8 tsp pepper, black

Preparation:

1. In a pan, sauté garlic, onion, meat, and potatoes. Cover and cook over low heat for 15 minutes. Set aside.
2. Combine DEL MONTE Italian Style Spaghetti Sauce, eggs, green onions, salt, and pepper. Add to the sautéed mixture.
3. Divide mixture into two. Place half of the mixture in the pan. Cover and cook over low heat for 15 minutes or until set. Slice into wedges. Repeat for the other half.

Chef's Tip

Cover the pan with a lid so the omelette cooks faster because of the steam. This way, the top sets and there will be no need to flip.

Lusog Notes

This dish is a source of protein and vitamin A. Protein is needed for growth, development and repair of body tissues. On the other hand, vitamin A is important for normal vision, healthy skin and protection from infections.

Cooking Skills Needed

- Frying
- Sautéing
- Slicing

Cooking Tools

- Measuring Cups
- Spatula
- Chopping Board

- Measuring Spoon

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