



Ingredients ? To serve 6 people....

6 eggs
1 cup milk
1/2 cup all-purpose flour
1/2 teaspoon salt
1/4 teaspoon ground black pepper
1 cup shredded Cheddar cheese
110g Thin sliced ham

Method

- (1) Preheat oven to 450 degrees F (230 degrees C). Lightly grease a 9x13 inch baking pan.
- (2) In a blender, combine eggs, milk, flour, salt and pepper; cover and process until smooth. Rip up the ham and mix it in with the other ingredients. Pour into prepared baking pan.
- (3) Bake in preheated oven until set, about 20 minutes. Sprinkle with cheese.
- (4) Carefully loosen edges of omelet from pan. Starting from the short edge of the pan, carefully roll up omelet. Place omelet seam side down on a serving plate and cut into 6 equal sized pieces.

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