

OMELETTE ARNOLD BENNETT

A wholesome and tasty lunch idea!

Serves 4

Ingredients

- 300g [Smoked Haddock Fillet](#)
- 300ml Whole Milk
- 6 Free range eggs
- 60g [Smoked Pwll Mawr Cheddar](#)
- 50ml Double Cream
- 25g Unsalted Butter
- Handful of parsley
- Fresh ground black pepper



Preheat the oven grill to 200°C.

Place the [Smoked Haddock Fillet](#) in a large sided frying pan and poach for around 3-4 minutes in lightly bubbling milk. Remove from the heat and using a fish slice or slotted spoon remove the fish and flake using a fork.

Beat the eggs with a little black pepper.

Melt the butter in a small frying pan, until the butter begins to foam. Pour the eggs into the pan.

Cook over a medium heat for 10 seconds until the eggs begin to set around the outside. Then, using the back of a fork, pull the set egg from the outside of the pan into the centre, allowing the uncooked egg to run to the outside.

When the egg is almost set, take the flaked [Smoked Haddock](#) and sprinkle over the omelette, sprinkle the grated [Smoked Pwll Mawr Cheddar](#) and drizzle over the cream.

Place under the hot grill and cook until golden and bubbling before removing and transferring to plates. Sprinkle over the parsley and serve fresh.

Enjoy!