

# King prawn & asparagus omelette.

Serves: 4

Cooking time: 10-15 minutes

## Ingredients

2 Church & Manor goose eggs  
100g/4oz asparagus tips, halved  
Salt and freshly ground black pepper  
25g/1oz butter  
175g/6oz cooked king prawns  
50g/2oz Monterey Jack or Emmental  
cheese, sliced

## Method

1. Blanch the asparagus tips in boiling salted water for 2 mins. Drain and set aside. Beat the eggs with seasoning.
2. Melt a quarter of the butter in a medium frying pan, when sizzling pour in a quarter of the egg mixture and cook for 3-4 mins, pushing the cooked egg into the centre of the pan with a spatula until no runny egg remains. Cook for 1 min until base is golden.
3. Scatter a quarter of the asparagus, prawns and cheese over the omelette and fold onto a plate. Repeat to make a further three omelettes in the same way.

