

Mushroom Omelette

Learn to make a perfect fluffy mushroom omelette with earthy sautéed mushrooms, eggs, and cheese. Quick breakfast recipe ready in 20 minutes!

5 min

PREP

15 min

COOK

20 min

TOTAL

2

SERVINGS

Easy

DIFFICULTY

Ingredients

- 8 mushroom
- 3 egg
- 2 tbsp sunflower oil
- 1 tsp salt
- 1 tsp black pepper

Instructions

1 Prepare the eggs

Crack 8 eggs into a bowl and whisk vigorously with 1 teaspoon salt and 1 teaspoon pepper until well combined and slightly frothy, about 30 seconds.

2 Prepare the mushrooms

Clean 3 mushrooms with a damp paper towel and slice them into 1/4-inch thick pieces for even cooking.

3 Sauté the mushrooms

Heat 1 tablespoon of the butter in a 10-inch non-stick skillet over medium heat (180°C/350°F). Add sliced mushrooms and cook for 4-5 minutes, stirring occasionally, until golden brown and all moisture has evaporated.

4 Transfer cooked mushrooms to a plate and set aside. Wipe the pan clean with a paper towel.

5 Start the omelette

Add remaining 1 tablespoon butter to the same pan and heat over medium-low heat (160°C/320°F) until melted and gently bubbling.

6 Pour beaten eggs into the heated pan. Using a rubber spatula, gently stir the eggs in circular motions for 30 seconds, then let cook undisturbed for 2-3 minutes until the bottom is set but the top is still creamy and slightly wet.

7 **Fill and fold**

Sprinkle the cooked mushrooms over one half of the omelette. Using the spatula, carefully fold the empty half over the filled half to create a half-moon shape.

8 Cook for 1 minute more to warm the filling through, then slide onto serving plates and serve immediately while hot.

Tips

Always clean mushrooms with a damp paper towel or brush rather than washing them, as mushrooms are porous and absorb water quickly, which can make them soggy when cooked.

Cook mushrooms completely before adding eggs – sauté until all moisture has evaporated and they're golden brown to concentrate their flavor and prevent a watery omelette.

Use room temperature eggs when possible, as they whisk more easily and cook more evenly than cold eggs straight from the refrigerator.

Preheat your non-stick pan over medium-low heat for at least a minute before adding butter – the butter should sizzle gently but not brown immediately.

Work quickly but gently when folding the omelette – use a thin spatula to lift one side and fold it over the filling while the top is still slightly creamy.

Add cheese just before folding to prevent it from overcooking and becoming tough or grainy in texture.

Keep your first omelette warm in a low oven while preparing additional servings, covering with foil to prevent drying out.

Season the eggs with salt just before cooking rather than letting them sit, as salt can break down the egg proteins if left too long.