

## Beyond Baked Beans

Cheap healthy food for students,  
singles and anyone else on a budget



Leek and goatsâ€™™ cheese omelette publication date: Mar 18, 2009

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[Previous](#) | [Next](#)  
&nbsp;

An upmarket version of a cheese omelette, this simple and delicious recipe makes a lovely light lunch or supper dish. Leeks are in season now too.

Serves 2

Vegetarian

Time: 10-12 minutes

Cost: about £1.50 a head

1 large leek or 2 medium leeks

100g goats cheese from a log

4 large or 5 medium fresh eggs, preferably free-range

1 tbsp light olive oil or other cooking oil

15g butter

Salt and pepper

Cut half the green tops off the leeks removing any coarse outside leaves and slice any roots off the base. Cut into slices and wash thoroughly under cold running water. Cut any rind off the cheese and crumble it onto a plate. Break the eggs and whisk them together in a bowl. Season them with salt and pepper.

Heat a large frying pan, add the oil, heat a few seconds then add the butter. Once the foaming dies down, add the leeks and stir fry them for about 4 minutes until they are soft but not coloured.

Tip in the beaten egg, making sure it covers the base of the pan. Lift the omelette at the edges with a fork to allow the liquid egg to run underneath. Once most of the egg has solidified scatter over the goat's cheese.

Allow the omelette to cook a further minute then fold it over and divide it in two

TOP TIPS

\* *You can make this for one and serve the second portion cold the next day with a salad or stuffed into a wholemeal pitta bread*

\* *Add a couple of spoonfuls of finely chopped parsley if you have some.*

- [Harry Eastwood's all-day breakfast omelette](#)
- [Cyrus Todiwala's Parsee-style eggs](#)
- [The BBB Student Crash Cookery Course - perfect scrambled eggs](#)
- [How to boil an egg](#)
- [Huevos Rancheros](#)
- [Parsee-style eggs with potatoes, spinach and cumin](#)

- [The BBB Student Crash Cookery Course - How to make a frittata](#)
- [Sig's sweet potato and goats' cheese salad](#)

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&nbsp;[Back to top](#)

&nbsp;[Previous](#) | [Next](#)