



### **ingredients**

2 or 3 eggs

Salt & fresh ground pepper

A few pinches each of tarragon, parsley, lavender and, thyme mixed together

3 tablespoons of crème fraiche (available in gourmet markets)

### **what to do**

Break the eggs into a bowl

Add a pinch of salt and a bit of pepper

With a fork or a whisk beat the eggs together till they are one homogenous yellow liquid

Heat 2 to 3 teaspoons canola oil in a omelette pan (small frying pan)

When the oil is hot pour in the egg mixture

Rock the egg around the pan so that it is cooking evenly

Once the omelette is no longer liquid and resembles a pancake, take the handle and give it a flip so that the top is now the bottom.

Add a layer of crème fraiche to the middle of the omelette.

Sprinkle the herbs on top

With the aid of a spatula, slide the omelette on to a plate and fold it over so that the crème fraiche and herbs are now in the middle.