**Herby Omelette** (Serves 1)

A knob of butter
2 eggs, beaten
A tiny pinch of sea salt
Half a bunch of parsley, finely chopped
Half a bunch of chives, finely chopped

1. Melt the butter in a non-stick saucepan and add the eggs and salt
2. Once the omelette begins to set, sprinkle over the herbs
3. Fold the omelette over and cook for a further minute until set