**The Ultimate Fridge Omelette**

1. Pre-heat your oven to 185 degrees
2. Turn your hob onto a medium heat and start by putting a generous amount of vegetable oil into your pan
3. Begin to fry the bacon bits off until they’re a little crispy – *remember the fat is important for flavour!*
4. Next, chop up your bread, scotch egg, chilli, black pudding and mushrooms (or whatever random ingredients you’re using)
5. Once the bacon’s crispy, take it out of the pan and put it into a separate bowl *(try to keep the fat & flavours in the pan)*
6. Now it’s time to start frying your bread until it starts to turn crispy and brown (not burnt!) and then add the bread into the same bowl as the bacon
7. Do the same as above with the Black Pudding
8. Whisk up the eggs in a separate bowl, throwing in a pinch of salt and pepper
9. Meanwhile, add the chopped mushrooms to the pan along with a knob of butter
10. Once the mushrooms starts to brown, add the chopped tomatoes, the chilli and the scotch egg all into the pan together.
11. Fry all the ingredients for a few minutes, then add them into the bowl with the other ingredients (now you can add the capers in)
12. Put the pan back on the heat and pour the whisked eggs into the bowl of ingredients before mixing them all together
13. Now to pour all the ingredients back into the pan and gently mix it as the eggs start to bubble and cook
14. Now put the entire pan into the oven for about 18 minutes to allow it to cook
15. Let the omelette settle for about 5-6 minutes
16. Hey presto – your whatever’s in the cupboard omelette is ready to eat [insert condiment of choice here]

We’d love to know how you get on with Tom’s Lock Down Dinners so make sure you tag us in your photos.