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**& VISION SCIENCES**

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## Welcome by the Head of School, Professor Marcela Votruba

Dear Colleagues, Friends and Alumni,

Welcome to the most recent addition of our Newsletter, and to the Academic Year 2015/16!

It has been a fantastic Academic year 2014/15 and we all now look forward to new challenges in the forthcoming Academic year. We have a number of exciting events lined up, such as the Opening of the Clinical and Educational Research Facility, Patient Information Day as well as other events; including Celebrating Excellence Awards, for which a number of individuals from the School have been nominated.

We are also fortunate in having a number of new members of staff joining us for this Academic year, and you will see some information about them on page 5.

A major initiative of the forth-coming Academic year will be renewed emphasis on Research grant income, Research activity, REF Impact and Research Outputs. Andrew Quantock and I have met with the PI's and all Investigators in the School, to discuss their individualised College Research income targets and we hope that this will feed through into the next round of appraisals. The next round of appraisals in the College are now scheduled to all fall within the period January to March 2016, in order to bring them all in line, and we hope that discussions with your Line Managers around Research grant income will form a significant basis for planning future applications.

The year ahead promises to be as challenging as ever, but I'm sure I can be confident that everyone is raring to go.

Yours sincerely

**Marcela**



# Graduation - 16th July 2015

Issue 12/ October 2015





## Vice Chancellor “Congratulates”

Letter from Professor Colin Riordan ‘Vice-Chancellor’;

2 September 2015

Dear Marcela,

### **Performance of the School of Optometry & Vision Sciences in the 2015 National Student Survey**

I am writing to congratulate you on the performance of your School in this year’s National Student Survey. Reaching the Way Forward target in student satisfaction for the fourth-year running is a signal achievement and one, I know, that is the result of much dedication and hard work on the part of all involved.

Please do pass on my congratulations and thanks to the School. I’m extremely proud that in difficult times we are working so well with our students, who clearly very much appreciate the efforts being made on their behalf.

With best Wishes

**Professor Colin Riordan  
Vice-Chancellor**



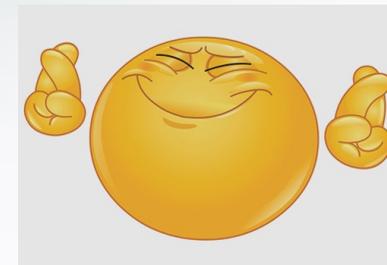
## **The Celebrating Excellence Awards 2015** **Presentation Ceremony**

We would like to congratulate the following members of staff who have been shortlisted to receive an award, and have been invited to attend the Celebrating Excellence Awards 2015 dinner and presentation, on Thursday 5th November 2015 at the Parc Hotel, Parc Place, Cardiff.

- ◆ Dr Maggie Woodhouse ~ Outstanding Contribution to the Community
- ◆ Dr Barbara Ryan ~ Excellence in Teaching
- ◆ Mr Richard Earlam ~ Outstanding Contribution to the University’s International Activities
- ◆ Mrs Anna Taylor ~ Outstanding Contribution to Equality & Diversity

The Celebrating Excellence Awards represent the Universities appreciation of staff who have demonstrated an outstanding commitment and contribution, and who are recognised for going above and beyond the call of duty.

We all have our fingers crossed for you...





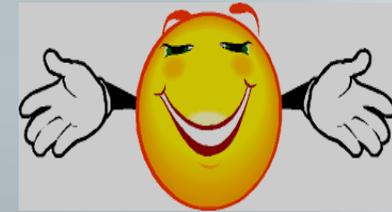
## New Appointments



It is with great pleasure we welcome Professor David Whitaker, who has been appointed to a Personal Chair in the School, and will in addition be taking on the role of Director of Teaching and Learning. Professor Whitaker commenced his employment on Tuesday the 1st of September 2015

### David Whitaker BSc PhD MCOptom

David is an optometrist who gained his PhD from the University of Bradford in 1987. After seven years as a lecturer at Aston University he returned to Bradford where he was made Professor of Vision Science in 2000. He has held a number of roles within optics, including Vice President of the Association of Optometrists and Chair of the Educational Visitor Panel of the General Optical Council. He is passionate about the optical career ladder, and helped to develop an accelerated Career Progression BSc in Optometry for Dispensing Opticians. He has published over 100 full papers, with particular interest in changes in vision with increasing age, visual illusions, peripheral vision, and the interaction between vision and other senses in the human perception of time. He contributed as the expert on vision to the Allied Health Professions panel for REF2014.



## New Appointments & Farewell

### New Staff Members

- ◆ Professor David Whitaker ~ Chair and Director of Teaching
- ◆ Austyn Harrison ~ HR Administrator

### Staff Changes;

- ◆ Lee McIlreavy ~ Lecturer
- ◆ Bablin Molik ~ Teacher [covering Julie Albon's teaching 2015/16]
- ◆ Zahra Rasheed ~ Teacher [replacing some of Laura Monger's teaching, commencing 28th September 2015]
- ◆ Richard Earlam ~ Now working 2x days per week, this will not include UG Admissions work

### Leavers;

- ◆ Tamsin Callaghan ~ advert is currently out to recruit a Dispensing Teacher
- ◆ Beth Flynn [Teacher]
- ◆ Chris Dillingham [Researcher]
- ◆ Steve Morgan [Finance and Estates Manager]



### Congratulations - New Baby

Congratulations to Enyam and Gina, who are excited to announce the birth of the new member of their family, Miss Xoes "Mini" Morny. She arrived wide eyed and ready to meet the world on Sunday night [23rd August 2015]. Mother and baby are doing well.



### New Doctors

#### Congratulations to:

Flors (Valdeflors Vinuela Navarro) who successfully defended her thesis on Tuesday 18th August 2015.



Eleni Malissova who successfully defended her thesis on Wednesday the 5th of August 2015.

In early August, I travelled with Matt Dunn and Jon Erichsen to the 4th International Nystagmus Research Workshop held in New Orleans. As you can imagine, not very many people research nystagmus, so Cardiff University represented just under a quarter of the delegates! While small, the conference gave the opportunity to listen to research updates from 13 other delegates from the USA, UK, Australia and the Netherlands. Many (lively!) discussions included topics such as drugs, surgery, visual function, and even medical magnets being used to reduce the eye oscillation in acquired nystagmus

The research conference was followed up with the American Nystagmus Network conference, an event designed to help educate and inform those with nystagmus and their families. Toward the end of the day, Apl.De.Ap of the Black Eyed Peas turned up. The singer, who has nystagmus himself, spoke about being teased as a youngster and how his life slowly changed for the better. Apl stayed the evening chatting to researchers and to others with wobbly eyes and was a great inspiration to everyone - especially the younger delegates and parents of newly diagnosed children.



**Lee McIlreavy**

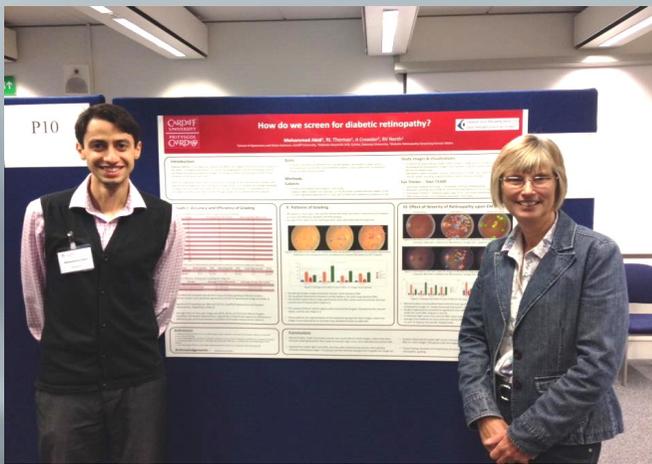
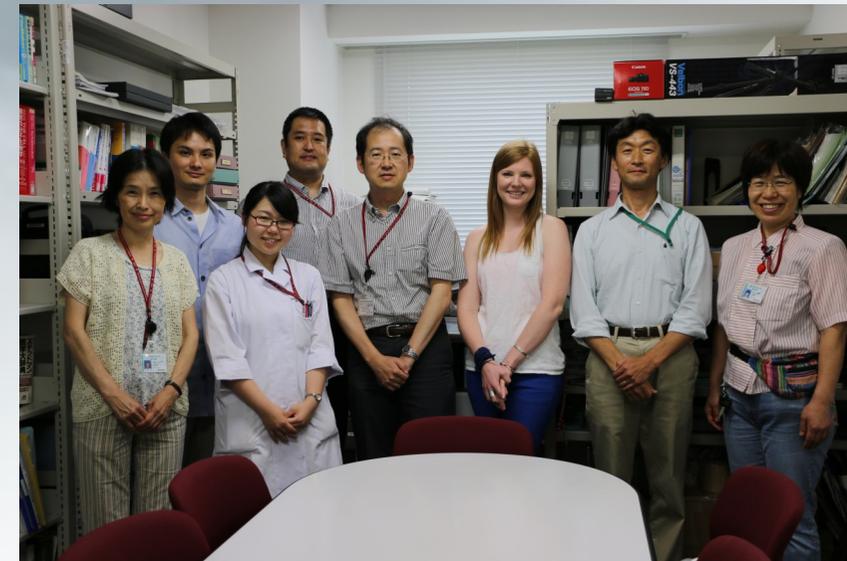
## Travel Grant

In July 2014, I was given the opportunity to travel to Osaka, Japan, for a month-long visiting researcher placement at Kansai Medical University. While there, I worked alongside Dr. Tomoya Akama, a longstanding collaborator of Prof. Andrew Quantock. In addition to learning new carbohydrate analysis techniques from Dr Akama, I acquired valuable data for my PhD project. Based on this work, I submitted an abstract to attend the annual Society for Glycobiology meeting held in San Francisco this December 1st—4th.

Not only was my abstract selected for a poster presentation, I was also awarded a travel grant from the Society to sponsor my attendance.

The Society for Glycobiology is a global network of over 500 researchers who investigate the non-nutritional role of sugars in human anatomy, physiology and disease.

**Stacy Littlechild**



## BCOVS

Following the success of the British Congress of Optometry and Vision Sciences (BCOVS) conference in OPTOM last year, it was the turn of City University London to host the event. The conference took place between the 7th and 8th of September 2015. For many years, the conference has drawn Academics from a wide range of career stages, from Undergraduate Project students to Professors. It has traditionally been an excellent environment for Postgraduate students to present their latest research, and gain valuable feedback from leading Academics from across the UK. This year there were five-presentations from students of Cardiff University;

- ◆ Nicola Cassels presented a poster outlining her work on normative database for microperimeter.
- ◆ Nada Aldahlawi presented a poster on corneal crosslinking.
- ◆ Mohammad Abid [former Undergraduate student] presented a poster showing his research on diabetic retinopathy screening, for which he won the Naylor Prize.
- ◆ Rupal Shah gave an oral presentation of her work on the risk of incident myopia.
- ◆ Shindy Je also gave an oral presentation on spatial summation in amblyopia.

Keynote lectures were given by Prof. David Crabb (City University London) and Prof. Chris Hammond (King's College London). Overall, the standard of presentations were very high. Mohammed Abid was awarded the prize for the best poster presentation and, although the oral presentation prize was not awarded to a Cardiff University student this year, Shindy He was 'highly commended' by the judging panel for her presentation.

**Shindy Je**





## Guide Dogs Cymru

Our undergraduate students have recently been finding out more about the work of Guide Dogs Cymru, and the volunteering opportunities available. At the end of Fresher's week, the students had the opportunity to meet staff from Guide Dogs Cymru and some of their friends, Ceri, the Golden Retriever, and Mazie the black Labrador!

Both Ceri and Mazie are retired Guide Dogs and feature in the photographs here.

Guide Dogs Cymru are currently looking for volunteers to act as sighted guides to visually impaired people in order to support them during the training that they receive when first given a Guide Dog. Leading on from the success of the session during Fresher's week, our undergraduate students organised a very successful bake sale to raise funds for the charity. Luckily we managed to stop Ceri from eating all of the cakes first!





## Essilor University & College Symposium 2015

Essilor continued this annual event for staff involved in teaching Ophthalmic Lenses & Dispensing with a meeting in the sunny surroundings of Mottram Hall, Cheshire. This was the 21st year that the symposium has taken place. Cardiff were represented by Richard Earlam, Pippa Venables and David Whitaker.

Nicola Logan from Aston University gave a presentation on the worldwide problem of myopia in children, and methods by which myopia progression may be controlled. Dave Elliott (Bradford) highlighted the problem of falls in the elderly and the contribution which ophthalmic lenses of various design contribute to the issue. New technologies in ophthalmic lens production is always a strong theme of the meeting, and this year was no exception, with news of the development of a new lens called 'Vantage'. This has the combined properties of polarisation and photochromism, and represents quite a remarkable achievement in terms of physical chemistry in ophthalmic lenses.

**David Whitaker**



## Update on Postgraduate Taught Students

Over the Summer the WOPEC team have been busy recruiting new Postgraduate taught students. They have had a fantastic response for all of their modules and programmes, particularly the new Medical Retina module, which launched for the first time in March 2015.

The early figures show that there are currently 198 Postgraduate taught students enrolled and studying with us this year, and amongst these is the first MRes in Vision Sciences student.

Gary Kidson, Senior Director of Global Clinical Services for Presbia in Dublin, was successful in securing a place on the MRes in Vision Sciences:

“I am very excited about the MRes degree through Cardiff University as I feel it lends itself perfectly to my current career needs for a flexible but thorough study schedule to complement the research and training I do as part of my role. The emphasis on the research process, and the training therein, not simply a modular program, also appeals. The enrolment process, guidance and support from the Cardiff team has been fantastic and I feel very much I made the right choice”.

There will be another intake of Postgraduate taught students in March 2016 and the team are looking forward to what will hopefully be another successful semester.

**Laura Roach**



## Published Papers

Involvement of ZEB1 and Snail1 in excessive production of extracellular matrix in Fuchs endothelial corneal dystrophy.

Okumura N, Minamiyama R, Ho LT, Kay EP, Kawasaki S, Tourtas T, Schlötzer-Schrehardt U, Kruse FE, Young RD, **Quantock AJ**, Kinoshita S, Koizumi N. Lab Invest. 2015 Aug 24. doi: 10.1038/labinvest.2015.111. [Epub ahead of print]

From nano to macro: studying the hierarchical structure of the corneal extracellular matrix.

**Quantock AJ**, Winkler M, Parfitt GJ, Young RD, Brown DJ, Boote C, Jester JV. Exp Eye Res. 2015 Apr;133:81-99

Tkatchenko AV, Tkatchenko TV, **Guggenheim JA**, Verhoeven VJ, Hysi PG, Wojciechowski R, Singh PK, Kumar A, Thinakaran G, Williams C.

APLP2 Regulates Refractive Error and Myopia Development in Mice and Humans. PLoS Genetics 2015; 11:e1005432.

<http://journals.plos.org/plosgenetics/article?id=10.1371/journal.pgen.1005432>

<http://newsroom.cumc.columbia.edu/blog/2015/08/31/gene-leads-to-nearsightedness-when-kids-read/>

Refractive index degeneration in older lenses: A potential functional correlate to structural changes that underlie cataract formation

Mehdi Bahrami, Masato Hoshino, Barbara Pierscionek, Naoto Yagi, **Justyn Regini**, Kentaro Uesugi

Mulholland, PJ, **Redmond, T**, Garway-Heath, DF, Zlatkova, MB, Anderson, RS. Spatio-temporal summation of perimetric stimuli in early glaucoma *Invest Ophthalmol Vis Sci* (in press)

Mulholland, PJ, **Redmond, T**, Garway-Heath, DF, Zlatkova, MB, Anderson, RS. The effect of age on the temporal summation of achromatic perimetric stimuli. *Invest Ophthalmol Vis Sci* (in press)

Mulholland PJ, Zlatkova MB, **Redmond T**, Garway-Heath DF, Anderson RS. Effect of varying CRT refresh rate on the measurement of temporal summation. *Ophthalmic Physiol Opt* 2015;35(5):582-90

## Issue 12/ October 2015

### BioPhysics Group [Since July 2015]

Coudrillier B, Pijanka JK, Jefferys J, Sorensen T, Quigley HA, **Boote C**, Nguyen TD. Effects of Age and Diabetes on Scleral Stiffness. *J Biomech Eng*. 2015 Jul;137(7). doi: 10.1115/1.4029986.

**Hayes S, Lewis P**, Islam MM, Douth J, Sorensen T, **White T**, Griffith M, **Meek KM**. The structural and optical properties of type III human collagen biosynthetic corneal substitutes. *Acta Biomater*. 2015 Oct 1;25:121-30.

Coudrillier B, Pijanka JK, Jefferys J, Goel A, Quigley HA, **Boote C**, Nguyen TD. Glaucoma-related Changes in the Mechanical Properties and Collagen Micro-architecture of the Human Sclera. *PLoS One*. 2015;10:e0131396.

**Nada Aldahlawi, Sally Hayes**, David O'Brart, **Keith M. Meek**. Standard versus accelerated riboflavin/ultraviolet corneal cross-linking: Resistance against enzymatic digestion. *JCRS (In Press)*

Mukherjee A, **Hayes S**, Aslanides I, Lanchares E, **Meek KM**. Donor cross-linking for keratoplasty: a laboratory evaluation. *Graefes Arch Clin Exp Ophthalmol*. 2015 (In Press)

**Sian Morgan** and **Sally Hayes**, David P O'Brart, Naomi O'Brart and **Keith M Meek**. A study of stromal riboflavin absorption using new and existing delivery protocols for corneal cross-linking. *Acta Ophthalmologica* 2015 (In Press)

**Keith Meek** and **Carlo Knupp**. Corneal Structure and Transparency. *Progress in Retinal and Eye Research*. 2015 (In Press)

**Siân Morgan**, E Dooley, C Kamma-Lorger, J Funderburgh, M Funderburgh, **K Meek**. The adhesion of LASIK-like flaps following treatment with human corneal stromal stem cells. *Journal of Cataract and Refractive Surgery*. 2015 (In Press)



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Issue 12/ October 2015

Do your glasses make you feel good?

We also offer FREE eye tests between October—March with our 3rd year students. (Terms & Conditions apply).

Wide Choice of Spectacles and Sunglasses

We offer a range of spectacles including a great fun range for children, standard and designer ranges for adults including Versace, Ted Baker & Barbour. After your examination we will help you choose a pair of spectacles that suit your face shape and colouring. Sunglasses with full UV protection form part of our key range—contact us for our current promotions.

Sports Vision Clinic

The Sports Vision clinic offers advice and a tailored service to help optimise sport performance and maintain eye health. We offer services to all sports people whether they be professional, amateur or weekend athletes. This can include many different sports from individual competitors e.g. racquet sports, rowing or shooting, or team sports such as rugby, football, cricket or ice hockey.

Contact Lenses

As well as spectacles we also offer a complete contact lens service. Our optometrists will examine your eyes and take you through the contact lens options and fitting.

We provide standard and specialized contact lens fitting ~ so if your eye condition is more complex we are able to find a contact lens solution that is right for you. We also offer FREE contact lens appointments between October - March with our 3rd year students.



Eye Care Excellence;

- Great Customer Service
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- Specialist services
- Plus: FREE eye tests with out 3rd year students

As well as offering a range of standard and designer frames, we offer one of the most comprehensive eye examinations in the UK.

In depth eye tests;

Being part of the University means we are at the heart of research in eye care. We have some of the most sophisticated equipment so we can offer you the most comprehensive eye examination. We can photograph the back of your eye using fundus photography of provide a more detailed scan of your eyes using Optical Coherence Tomography (OCT) or the Optimap scanner. This technology allows us to detect early signs of eye conditions, many of which can be treated if found early enough.

More Information can be found at: www.cardiff.ac.uk/eyeclinic



# Staff Birthdays

## January

Allannah Gaffney

## February

Judith Colwill

Jon Baston

## March

Ceri Goodman

Helen Morris

Katie Mortlock

Jane Powell

## April

Barbara Ryan

## May

Sasha Macken

## June

Jennifer Acton

Anna Taylor

## July

Emma Daniel-Davies

Sue Hobbs

Rod Woodhouse

## August

Richard Earlam

Eirian Hughes

## September

Megan De-Witt

Jon Erichsen

Su Jenkins

Marcela Votruba

Allyson Treharne

## October

Keith Meek

Maggie Woodhouse

Terry Smith

## November

Kirsten Hamilton-Maxwell

Sharon Leaves

## December

Fliss Brooks

Steph Pulman





*School of Optometry & Vision  
Sciences Christmas Celebrations  
Friday 18<sup>th</sup> December 2015  
From: 12:00noon*



*Dear Colleagues,*

*As last year's Christmas Party was such a success, we would like to once again ask you for your input, and the majority vote will decide where this year's Christmas celebrations will be held. We have the following options for your consideration;*

- ♦ South East Asian Food at the 'iCook Thai' Restaurant, Cathays (under £25)*
- ♦ Hot Buffet at the Pen & Wig, Cardiff (under £12)*
- ♦ Portuguese Seasonal Menu at the Madeira Restaurant, Cardiff (under £30)*

*As this is only eleven-weeks away, we would kindly request that you e-mail Su Jenkins; [jenkinss33@cardiff.ac.uk](mailto:jenkinss33@cardiff.ac.uk) at your earliest convenience to confirm your preferred option.*

*Further details will follow.*

*Please RSVP by Friday the 16<sup>th</sup> of October 2015*

*Yours sincerely*

*Prof. Marcela Votruba*



## WorkFit Experience at the School of Optometry and Vision Sciences

Workfit Wales - Connecting Employers and Employees with Down's syndrome.

Laura who lives near Cardiff has recently benefited from the WorkFit project in Wales.

Laura is now entering her last year at Derwen College and felt that it would be a good time to start thinking about life after college.

WorkFit approached Cardiff University's School of Optometry and Vision Sciences to enquire whether they could accommodate Laura on a work experience placement during the Summer. They felt that the right support and training from the WorkFit project would be hugely beneficial to ensure a successful work experience, so a session was booked with the team.

Laura started work at the School in July. Dr Maggie Woodhouse, Senior Lecturer and Head of Special assessments at the Clinic explains one of the roles of the Clinic and how Lara has assisted her: *"One of the tasks that Laura has is to help me in our Special Assessment Clinic. In this Clinic, three Optometrists, myself and my colleagues Mike and Andy, provide eye examinations for children and adults with all forms of special needs. Because I have a particular interest, and a research programme in visual problems in Down's syndrome, most of the patients who come to see me have Down's syndrome. In our Clinic, we measure exactly the same things that all optometrists measure in eye tests; visual acuity (detail vision), 3D vision, whether our patient is long-sighted or short sighted and whether they need to wear glasses, how well the eyes move and work together and so on. But how we measure these things is different; our patients may not be able to read letters, may not be able to tell us how they see or what is wrong, may not be able to choose between different lenses for their glasses. Some of our youngest or most disabled patients may not be able to speak at all. No matter, we have special tests and child-friendly techniques that allow us to test anyone's eyes. And, more importantly, we have time; time to allow the patient to settle and get used to us, time to talk and time to explain what is happening. And most importantly, we have fun!*

*Laura helps out with the young children by talking to them, reassuring the ones who are nervous, and by helping them to understand what is going to happen. She is also a great example to the parents, of how capable a young adult with Down's syndrome can be. This is important reassurance to new parents, who might be fearful of the future for their child. I am very grateful to Laura for joining me in the Clinic"*

Whilst working in the School, Laura provided vital support in all areas: helping with the day to day admin tasks in the School Office, organising and sending out reminder letters, stamping forms, helping prepare NHS forms and welcoming all visitors.

Laura has really enjoyed her placement at Optometry and has had real and meaningful work experience. *"I've really enjoyed working at the Optometry Clinic in Cardiff over the Summer. I've loved meeting new people and making new friends. The whole team at the Optometry Clinic have really supported me. My favourite job has been helping to put together the new student packs and I also loved meeting the little children that have come in for eye tests with Maggie"* (Laura)

The Optometry team would like to thank Laura for the great work that she has done over the Summer and WorkFit would like to thank the School of Optometry and Vision Sciences at the University in Cardiff for their part in supporting and developing Laura during this period. We look forward to working with Cardiff University again in the future. WorkFit Wales looks to support young people aged 14-25 years with Down's syndrome access meaningful work opportunities that can benefit the rest of their lives.

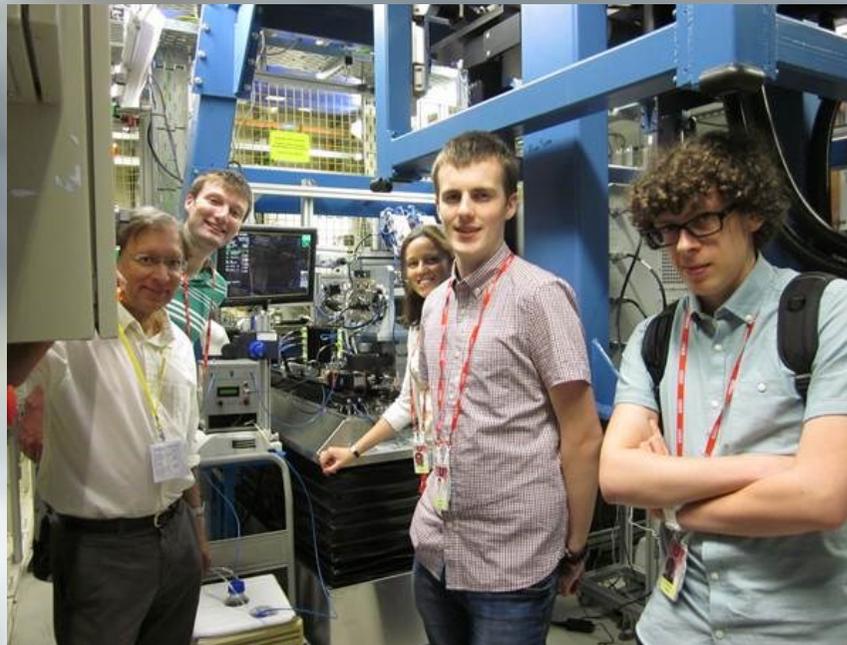




## Work Experience in BioPhysics

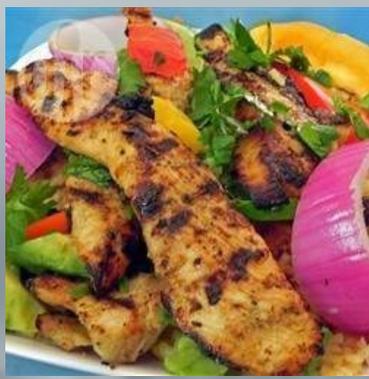
During July 2015, two School students came to do work experience. During their time with the Structural Biophysics Group, Joseff Davies (Cardiff High School) and Thomas Martin (Llanishen High School) experienced a range of laboratory and data analysis techniques and received hand on experience collecting x-ray scattering data at Diamond Light Source.

During their two-day visit to Diamond, they were lucky enough to 1) receive a guided tour of all the beamlines by Dr James Douth [a former member of the Structural Biophysics Group], and 2) be involved in an exciting new project examining the way in which the structure of the cornea changes when it is stretched, and 3) have free access to the vending machines - what more could anyone ask for !



Station IO2 at Diamond Light Source:

Keith Meek, James Bell, Sally Hayes, Joseff Davies and Thomas Martin  
[left to right]



## Easy Dinners ~ Not Just for Students



### Cajun Blackened Chicken

*Ingredients:* [Serves 2]

- |   |                                  |
|---|----------------------------------|
| 1/2 teaspoon paprika                        | 1/4 teaspoon salt                |
| 1/4 teaspoon cayenne pepper                 | 1/4 teaspoon ground cumin        |
| 1/4 teaspoon dried thyme                    | 1/8 teaspoon ground white pepper |
| 1/8 teaspoon garlic powder                  | 1 tablespoon vegetable oil       |
| 2 Skinless, boneless chicken breast fillets |                                  |

*Method:*

Prep: 5 mins Cook: 15 mins Ready in: 20 mins

1. Preheat oven to 180<sup>c</sup> / Gas mark 4.
2. Mix together all the spices.
3. Rub one side of the chicken breasts with spice mixture
4. Heat oil in a cast iron pan over a high heat
5. Place chicken in a hot pan, seasoned side down, and cook for 1 minute. Turn, cook 1 minute on other side.
6. Place breasts on a lightly greased baking tray. Bake in a preheated oven for 5 to 10 minutes, or until no longer pink and juices run clear.

### Vegetarian Artichoke & Roasted Red Pepper Soufflé Omelette

*Ingredients:* [Serves 4]

- 5 eggs, separated
- 2 whole eggs
- 1/2 can artichoke hearts, drained, quartered if whole
- 1 whole roasted pepper from a jar or can drained, patted dry and roughly chopped
- 50g vegetarian Parmesan-style cheese
- 10 large basil leaves, shredded
- 1 tbsp. butter
- 1 tbsp. extra virgin rapeseed or olive oil

*Method:*

Prep: 15 mins Cook: 10 mins

1. In a large bowl, lightly beat together the 5 egg yolks and 2 whole eggs. In a separate bowl, use an electric whisk to beat the egg whites until stiff. Add whites to the yolks and fold together carefully, keeping it light and fluffy. Fold in the artichokes, pepper, half the cheese, the basil, salt and pepper.
2. Heat grill to high.
3. Heat a medium non-stick frying pan over a medium heat. Add the butter and oil. When the butter has melted, add the omelette mixture and spread evenly. Cook until golden underneath, about 5 mins.
4. Scatter over the remaining cheese, then place the pan under the grill and cook for a further two-minutes.
5. Slide the omelette onto a board or serving plate. Cut into wedges and serve