

Vegie omelette

Serves: 1

Prep time: 5 mins

Cook time: 10 mins



Ingredients

2 eggs
Olive oil
1 tbsp red onion, finely chopped
2 mushrooms, finely sliced
½ tomato, finely chopped
¼ small red capsicum, finely chopped
½ cup baby spinach leaves, roughly chopped
¼ tsp jarred crushed garlic
1 tbsp light tasty cheese, grated

Methods

Step 1: In a medium bowl, beat the eggs with 1 tablespoon water until combined.

Step 2: Lightly grease a medium frying pan with olive oil and heat over medium heat. Add the onion, mushrooms, tomato, capsicum and spinach and cook, stirring, for 2-3 minutes, until starting to soften. Add the garlic and cook for 30 seconds or until fragrant. Push the vegetables into one half of the pan.

Step 3: Pour the egg mixture over the vegetables and swirl around the pan to coat.

Step 4: Sprinkle the cheese over the vegetables. Season with pepper. Cook for 2-3 mins or until the egg is almost set.

Step 5: Use a spatula to fold the egg half over the vegetables, and cook for a further 1 minute or until the egg is set. Gently transfer to a serving plate.

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