

OMELETTE



QUICK

Approx 10 mins

HEALTHY

Eggs are a good source of protein and healthy fats. By adding vegetables you increase the vitamin and mineral content too

FAMILY



Feeds 4

MEALS

Super quick to make and you can use whatever veggies you like/ have in your fridge

INGREDIENTS

- 8 eggs (2 per person)

The rest is optional:-

- Mushroom – roughly chopped
- Spring onion - chopped
- Onion red or white - diced
- Spinach – roughly chopped
- Tomato - diced
- Cheese - grated
- 1 tbs oil
- S&P

METHOD

- 1) Heat 1 tbs oil in a large frying pan
- 2) Dice onion, chop mushrooms and sauté in the pan
- 3) Whilst they are cooking, beat your eggs
- 4) Season with salt and pepper
- 5) Pour the egg mixture into the centre of your pan, then swirl it around so it fills the pan
- 6) Leave to cook for a minute
- 7) Then use a fork to gently pull the edges away – if it comes away a bit, move it a little towards the centre, then tip the pan so the uncooked egg fills that space
- 8) Repeat around the pan
- 9) Put the rest of your vegetables onto half of your egg
- 10) Add cheese
- 11) Use two spatulas to flip the non-veg half onto the top of the vegetable half.
- 12) Serve.



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To watch a video showing how this is made or to explore more Quick Healthy Family Meal ideas go to www.quickhealthyfamilymeals.com