

Classic Omelette vo

For an all-up 15-minute effort, this is an awesome breakfast for during the week – we’d love you to make this one of your ‘go to’ weekday breakfasts. It will set you up for a great day’s eating and thinking!

Serves	3-4	Per serve	
Prep time	5 minutes	Carbs	4.5 g
Cook time	10 minutes	Protein	17.6 g
Difficulty	●●●	Fat	22.4 g
		Energy	290 Cal

INGREDIENTS

- 1 red onion
- ½ punnet (125 g) cherry tomatoes
- 6 eggs
- ¼ cup cream
- 1 tbsp olive oil
- ½ punnet (125 g) white button mushrooms
- knob of butter
- ¼ cup grated or crumbled cheese
- ½ cup cooked meat, e.g. ham or chorizo, chopped (optional)

METHOD

Pre-heat your oven grill to high.

Slice the red onion and halve the cherry tomatoes. Set aside. Crack the eggs into a bowl, add the cream and whisk until completely mixed.

Heat the oil in a large, oven-safe, preferably non-stick frying pan. Slice the mushrooms and fry for 2–3 minutes, stirring often, until softened.

Add the knob of butter and let it melt, then pour the egg mixture evenly into the pan. Let it cook while you arrange the cheese, cooked meat (if using), onions and tomatoes on the egg mix, then slide the pan under the grill to finish cooking – this shouldn’t take more than about 5 minutes. The egg should be just set and not over-cooked.

Traditionally, you fold the omelette and slide it onto the plate. Or simply slide the omelette, filling side up, onto a plate and top it with fresh ingredients like tomato or herbs and some pesto if you like.

Vegetarian option: Just leave out the meat, there’s already plenty of protein here.

