

Mushroom, Pepper & Red Onion Omelette

(Serves 1)

Ingredients

- 1 tsp Oil, Olive, napolini
- 40g Mushrooms, button, sliced
- 50g Onions, red, finely diced
- 1/2 Pepper, any colour, deseeded & finely chopped
- 1/8 tsp Salt, reduced sodium
- 1/8 tsp Black pepper
- 3 Eggs, medium, whisked

Preparation

1. Heat the oil in a non-stick omelette pan.
2. Fry the mushrooms, onions & pepper for 3-4 minutes.
3. Mix the salt & black pepper into the whisked eggs.
4. Pour the eggs over the mushrooms, onions & pepper.
5. Stir the mixture gently with a wooden spoon ensuring all sides of pan are covered.
6. Continue stirring gently until egg starts to set, then stop stirring.
7. Cook for a further 2-3 minutes until omelette is cooked underneath.
8. Serve immediately.

TOP TIP: Don't stir the egg for too long when added or the omelette may break up.

NUTRITIONAL VALUES

PER SERVING

Calories 303

Total Sugars 5.92g

Total Fats 19.26g

Saturated Fats 5.29g

Salt 0.55g

Fruit & Veg 2