

Red pepper & onion omelette with juice

(Serves 1)

Ingredients

- 1/4 tsp Oil, Olive, napolini
- 1/2 Pepper, red, deseeded & chopped
- 50g Onions, red, diced
- 1/8 tsp Salt, reduced sodium
- Pinch Black pepper
- Handful Basil, fresh, chopped
- 3 Eggs, medium, whisked
- 150mls Orange juice, tropicana

Preparation

1. Heat oil in a medium non-stick frying pan.
2. Add pepper & onion. Stir & cook over a medium heat for a few minutes.
3. Mix salt, black pepper & basil into whisked eggs & pour over pepper & onion.
4. Cook, stirring gently with a fork until eggs starts to set then stop.
5. Continue to cook gently over a low-medium heat until omelette cooked to taste.
6. Serve immediately with juice.

TOP TIP: Put under grill for a couple of minutes if omelette cooked underneath but not quite set on top.

NUTRITIONAL VALUES PER SERVING

Calories 341
Total Sugars 20.82g
Total Fats 15.44g
Saturated Fats 4.69g
Salt 0.51g
Fruit & Veg 2.6