

Mediterranean omelette (Mfl style)

(Serves 1)

Ingredients

- 1/8 tsp Salt, reduced sodium
- Pinch Black pepper
- ¼ tsp Chilli flakes, dry (optional)
- 3 Eggs, medium, whisked
- 1/2 tsp Oil, Olive, napolini
- 30g Leeks, baby, sliced
- 1/2 Pepper, red, deseeded & finely chopped
- 50g Onion, red, finely diced
- 10g Cheese, Cheddar, grated (Cathedral city lighter)

Preparation

1. Mix the salt, black pepper & chilli flakes if used, into the whisked eggs.
2. Heat oil in a non-stick omelette pan on a low-medium heat.
3. Fry the baby leeks, pepper & onion for 3-4 minutes.
4. Pour the whisked eggs over the leeks, pepper & onion.
5. Stir the mixture with a wooden spoon ensuring all sides of pan covered.
6. Continue stirring gently until egg starts to set, then stop stirring.
7. Cook for a further 1-2 minutes until omelette cooked underneath.
8. Sprinkle grated cheese over omelette.
9. Put under a hot grill for 1-2 minutes or until egg fully cooked on top of omelette & cheese nicely browned.
10. 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 320
Total Sugars 6.58g
Total Fats 18.71g
Saturated Fats 6.37g
Salt 0.73g
Fruit & Veg 2