




# MUSHROOM AND SPRING ONION OMELETTE



Filled omelettes make a fast, yet substantial, meal, especially served with salad.

-  Serves 1
-  Prep 5 minutes
-  Cook 10 minutes



## Each 310g serving contains (excludes serving suggestion)

KCal	Carbs	Fibre	Protein	Fat	Saturates	Sugars	Salt	Fruit/Veg Portion
<b>251</b>	<b>2.7g</b>	<b>1.7g</b>	<b>22.2g</b>	<b>16.5g</b>	<b>4.8g</b>	<b>2.5g</b>	<b>0.65g</b>	<b>1</b>

## Ingredients

2 eggs

pinch white pepper

1 tsp rapeseed oil

150g mushrooms, sliced

1 spring onion, chopped

10g reduced-fat Cheddar, grated

## Method

### Step 1

Break the eggs into a bowl, add the pepper, beat with a fork and set aside.

### Step 2

Heat the oil in a pan and cook the mushrooms and spring onion for 5 minutes over a medium heat, stirring regularly, until soft.

### Step 3

Stir the egg into the mushrooms/onion for 1 minute, then cook gently for 3 minutes, using a spatula to ease the omelette from the sides of the pan.

### Step 4

When the omelette is cooked, sprinkle the cheese on top and turn it out onto a plate, folding the omelette in half.

## Recipe tips

- ✓ Rather than making a plain omelette with a filling, it's far tastier to use this method and mix ingredients into the omelette then add a couple of extras into the middle such as cheese or herbs.
- ✓ Almost anything can go into an omelette. Use different cheeses such as goat's cheese, or lower fat garlic and herb cream cheese.
- ✓ Add freshly chopped herbs such as basil, chives, parsley or tarragon. You could also add a little curry paste or powder.
- ✓ Most vegetables work, although root vegetables need to be pre-cooked. Cooked leftover vegetables such as broccoli, peas, courgettes and carrots are all excellent additions.