

Mediterranean Omelette

Serves: 2

Prep time: 15 minutes

Cook time: 15 minutes



2 serves per portion

Ingredients

4 eggs

¼ cup milk, reduced fat

½ tablespoon Italian herbs, dried

Cracked black pepper

2 tablespoons extra virgin olive oil

½ red onion, diced

½ cup feta or cheddar cheese, grated

¾ cup ham, diced

½ cup tomatoes, diced

2 cups spinach (fresh or frozen), chopped

Method

WHISK the eggs, milk, Italian herbs and pepper together in a bowl.

HEAT half the oil in a frypan over medium heat. Add onion and cook for 1-2 minutes. Remove from pan and set aside.

REDUCE heat to medium-low and add remaining oil to frypan.

POUR half the egg mixture into frypan, covering the base.

ADD in half the cheese, ham, tomatoes, spinach and onion once the edges and base of the omelette begin to set (about 1 minute). Fry until egg mixture is cooked through (about 2-3 minutes).

FOLD gently in half with a spatula and slide gently onto a plate to serve.

REPEAT with remaining ingredients.



Everyday Food

Recipe courtesy of the Country Kitchens team