

Green pesto omelette



40g spinach leaves, roughly chopped
1 heaped tsp green pesto
15g crème fraîche
a pinch of sea salt and ground black pepper
10g Gruyère / Swiss hard cheese, finely grated
3 eggs and 1 egg white
a few basil leaves, chopped (optional)
1 tsp ghee or coconut oil

SERVES 1

Place the spinach in a frying pan over a medium heat. Add a few tsps of cold water and cook gently until wilted. Drain and set aside.

Remove from heat and stir in the pesto. Transfer to a plate and set aside.

Mix the remaining ingredients in a jug, except for the ghee/oil.

Heat the oil in a large frying pan over a medium-heat. Pour the egg mixture into the pan. Cook gently for 3-4 minutes, or until the centre of the omelette begins to firm up.

Add the spinach over the omelette. Cook for 1-2 minutes or until the omelette is cooked. Fold the omelette in half and serve.

Consume immediately.



PER SERVING:

412 Calories

4g Carbs

27g Protein

32g Fat

