

# 5 veg omelette



3 medium sized eggs plus  
1 egg white, beaten  
10g organic butter or coconut oil  
2 closed cup mushrooms, sliced  
3 medium sized broccoli florets,  
finely chopped  
30g red pepper, finely chopped  
2 spring onions, finely chopped  
Himalayan sea salt to season  
handful baby leaf spinach, roughly  
chopped  
10g low fat Cheddar cheese, grated  
(use dairy free cheese if preferred)

**SERVES 2**



PER SERVING:  
210 Calories  
**4g Carbs**  
**17g Protein**  
**14g Fat**

Break the eggs and whites into a jug and beat with a fork and season well.

Melt half of the butter / oil in a non-stick frying pan over a medium heat and add all of the chopped vegetables except for the spinach.

Sauté for 5 minutes, until softened. Remove from heat and set aside.

Remove any bits from the pan. Melt the remaining butter. Pour the eggs into the pan. Cook gently for around 3-4 minutes until the edges of the mixture start to crisp.

When the centre of the omelette begins to firm up, add the spinach over the entire omelette. Then carefully add the other vegetables on top of the spinach, so that it wilts. Cook for around 1-2 minutes.

Add the cheese. Using a wooden slice fold the omelette in half. Remove the omelette from the pan and serve.

*Once cooled, store any leftovers in an airtight container and refrigerate for up to 24 hours.*

