

# Courgette & pea tortilla



**DYNAMIX**  
HEALTH & FITNESS

1 tbsp ghee or coconut oil  
1 small white onion, chopped  
50g courgette, grated  
40g frozen garden peas  
½ a red or yellow bell-pepper,  
diced  
30g button mushrooms, sliced  
5 eggs  
a small pinch of sea salt and  
ground black pepper  
a small handful of fresh coriander,  
roughly chopped  
½ tsp paprika

**SERVES 2**

## Serving suggestion:

Serve with a leafy salad.

Heat the ghee/oil in a frying pan over a medium heat. Add the onion, courgette, peas, bell-pepper and mushrooms and cook for 2 minutes, stirring occasionally. Remove pan from heat.

Crack the eggs into a jug. Add the salt and pepper and beat with a fork. Add the coriander and paprika and stir.

Add the cooked vegetables to the eggs and stir.

Prepare a medium grill.

Pour the egg mixture into the frying pan and place over a medium heat. Cook until the underside is firm.

Place the pan under the grill until firm. Use a fish slice to remove the tortilla from the pan. Divide between two plates and serve.

*Store any leftovers in an airtight container and refrigerate for up to 2 days.*



**PER SERVING:**  
287 Calories  
**11g Carbs**  
**18g Protein**  
**19g Fat**

