

Veggie basil omelette



DYNAMIX
HEALTH & FITNESS

3 eggs

1 egg white

a pinch of sea salt and ground black pepper

1 tsp ghee or coconut oil

1 red or yellow bell-pepper, diced

1 small ripe tomato, finely chopped

30g tinned sweetcorn, drained

40g fresh spinach leaves

a small handful of fresh basil leaves

20g Cheddar cheese, grated (use dairy free if preferred)

SERVES 1

Crack the eggs and egg white into a jug. Add the salt and pepper and beat gently with a fork.

Heat the ghee/oil in a frying pan over a medium heat. Add the bell-pepper and tomato and fry gently for 3-4 minutes, stirring frequently.

Add the sweetcorn and spinach and cook for 2-3 minutes, or until the spinach has wilted. Transfer the vegetables to a plate.

Pour the eggs into the frying pan and cook. When the centre of the omelette begins to firm up, spoon the vegetables back over one half of the omelette. Sprinkle the cheese and half of the basil leaves over the vegetables.

Cook for 2 minutes or until the omelette is almost cooked. Using a fish slice, fold the 'empty' half of the omelette over the vegetables. Using a fish slice, transfer the omelette to a plate. Scatter the remaining basil leaves over the omelette and serve.

Store any leftovers in an airtight container and refrigerate for up to 1 day.



PER SERVING:

439 Calories

18g Carbs

31g Protein

27g Fat

