Mushroom and Herb Omelette

Servings	1
Preparation Time	10 Mins
Cooking Time	5 Mins
Total Time	15 Mins

Nutrition Information

Calories	313.00
Protein	19.80
Protein Serve	1.50
Carbohydrates	4.25
Fat	23.40

Ingredients

- 2.00 g Black Pepper (cracked)
- 1.00 tbsp Butter
- 30.00 g Cheddar Cheese
- 1.00 tbsp Chives
- 2.00 whole Eggs
- 1.00 clove Garlic
- 35.00 g Mushrooms (common, sliced thinly)
- 1.00 tbsp Parsley (fresh)
- 20.00 g Spring Onion (finely chopped)
- 20.00 ml Water

Instructions

1. Heat half the butter in a small non stick frying pan, cook garlic, onion and mushrooms stirring over a medium heat for approximately 2 minutes.
2. Remove vegetable mixture from pan, cover to keep warm.
3. Break eggs into a bowl, whisk, and then whisk in the water, cheese and herbs.
4. Heat remaining butter in the same pan, pour egg mixture into pan and cook until the omelette is almost set.
5. Place the vegetable mixture evenly over half the omelette and then flip half of the omelette over the vegetable mixture.
6. Season with cracked pepper.