

Mushroom and Herb Omelette

Calories: 1,219 kcal

Servings: 1

Time: 15 Mins

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 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 a 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.