

Fetta & Dill Keto Omelette

Calories: 88 kcal

Servings: 1

Time: 15 Mins

Ingredients

- 60.00 g Baby Spinach
- 30.00 g Cheese (Feta)
- 2.00 sprays Cooking Spray
- 2.00 whole Eggs
- 20.00 g Fresh Dill
- 60.00 g Rocket
- 20.00 g Spring Onion

Instructions

1. Wilt spinach and rocket leaves, set aside.
2. Whisk the eggs, add spinach and rocket leaves, stir through. Lastly add spring onions and dill and mix until all ingredients are combined.
3. Heat a non stick fry pan over medium heat and spray with cooking spray, pour in egg mixture, cook for 5 minutes or until set around the edge but still runny in the centre.
4. Preheat grill on medium-high, top omelette with feta and then place omelette under grill for 5 minutes until golden and just set.
5. Set aside for 5 minutes to cool and then turn onto plate and enjoy.