

Eggcel™ Spinach Omelette



Ingredients (serves 1)

- * olive oil spray
- * 2 green onions, sliced
- * 50g baby spinach
- * 1 tablespoon chopped fresh dill
- * sea salt and cracked black pepper
- * 1 -2 cups Eggcel™ (26 – 52g protein)

Method

1. Lightly spray a non-stick frying pan with olive oil spray. Add green onion, spinach and dill, and cook over medium heat until spinach is wilted. Remove from pan and season with sea salt and cracked black pepper.
2. Lightly spray pan again with a little oil .
3. Add Eggcel™ to the pan and cook over medium heat for 2 minutes or until nearly set. Sprinkle spinach filling over half the omelette and cook for further 3 minutes or until the base is golden.
4. Carefully fold over omelette to enclose filling. Serve immediately.

Notes & tips

* Try a selection of different fillings for the omelette such as tomato, basil and red onion; mushroom, thyme and spring onion; or grated pumpkin, nutmeg and rosemary.