

## **Egg and Avocado Flip over**

PREP: 5 minutes

COOK: 10 minutes

SERVES 1

3 eggs, lightly beaten

60ml (¼ cup) low fat milk

1/3 cup grated cheddar cheese

3 teaspoons olive oil

1/2 small avocado, diced

1 small tomato, thinly sliced

2 teaspoons lemon juice

1 tablespoon chopped fresh chives

Basil, to serve

1. Preheat grill to high. Whisk eggs and milk in a medium bowl. Season with salt and pepper.
2. Heat 2 tsp oil in a non-stick 20cm frying pan. Pour in egg mixture and cook over medium heat for 3-4 minutes until almost set. Sprinkle omelette with cheese and place under hot grill for a few minutes until puffed and golden.
3. Toss avocado and tomato with lemon juice and remaining teaspoon of oil. Sprinkle avocado mixture and half the herbs over one-half of omelette. Fold omelette in half and slide onto a warm plate to serve. Scatter with remaining herbs