Heart Healthy Recipes
Introducing
POWERED BY eggs

The humble egg.
Ready to be cracked open; to be transformed; to transform you. 13 different vitamins and nutrients, including 12.7 grams of protein*. Hundreds of recipe ideas that can help power you, to a happier, healthier life.

An egg can help power thousands of different ambitions. From running marathons to maintaining mental health. An egg can be eggsactly what you need it to be.

You can push yourself to new heights and improve your recovery**. Stay fuller for longer. Boost your Vitamin D and your immunity.

As you scramble through life, let every meal make a difference.

Unlock your full potential, live your life POWERED BY eggs.

* in an average serve of 2 eggs,
** if dietary intake of protein is inadequate
16.6% of Australians are living with Cardiovascular Disease (CVD), which is a major cause of death in Australia. High cholesterol is just one factor that can contribute to heart disease risk and while it can be inherited, it’s more often caused by unhealthy diet and lifestyle choices. For many people, cholesterol levels can be lowered by exercising regularly and eating a healthy diet consisting of more whole foods, whole grains, healthy fats and limiting processed foods high in sugar, unhealthy fat and salt.

Historically, eggs have been negatively linked to high cholesterol, but an extensive body of recent research and the lifting of restrictions by the Heart Foundation of Australia has shown that this is not the case. The evidence demonstrates that eggs can be enjoyed as part of a heart healthy lifestyle, as their intake has minimal effect on cholesterol levels. Importantly, eggs contain nutrients such as folate, vitamin B12, vitamin E and antioxidants (lutein and zeaxanthin) and healthy fats including long chain omega-3s that may be associated with protection from heart disease or its risk factors.

CSIRO research has also shown eggs can be enjoyed on a daily basis, with their findings highlighting that egg consumption is actually linked to a number of positive health outcomes. Further, research has shown that egg consumption increases HDL (“good”) cholesterol levels which maintains the LDL:HDL cholesterol ratio which is important for heart disease risk.

Eggs have also been shown to have beneficial effects on the size of cholesterol particles, making them less harmful to heart health.

*The provided information is general in nature as individuals’ response to dietary cholesterol may differ. For individual advice, please consult your health care professional.

The Heart Foundation states eggs can be enjoyed as part of a heart healthy eating pattern.¹

Eggs contain quality protein as well as essential vitamins and minerals. This includes heart healthy omega-3 fats and the antioxidants lutein and zeaxanthin.²

A number of recent systematic reviews and meta-analyses have shown no association between higher egg consumption and risk of developing heart disease.³

DID YOU KNOW?

Tuna & Spinach Curry with Boiled Eggs

SERVES 4
TIME 20 MINS

POWERED BY eggs
Tuna & Spinach Curry with Boiled Eggs

INGREDIENTS

• 4 large eggs
• 1 small onion, finely chopped
• 1 tbsp extra virgin olive oil
• 2 cups milk
• 1 tbsp plain flour
• 1 tbsp curry powder
• 425g tin tuna in spring water
• Zest of 1 lemon, plus lemon cut into quarters to serve
• 2 cups (185g) broccoli, cut into bite-sized florets
• 200g spinach leaves
• 2 x 250g microwavable packets cooked brown rice

METHOD

1. Bring a small saucepan of water to boil and gently add the eggs. Cook for 7-8 minutes to hard-boil. Remove from the heat and drain the water.

2. While the eggs are cooking, heat the oil in a frying pan over medium heat. Sauté the onion in until soft and translucent.

3. Drain the tinned tuna, reserving the spring water. Mix the spring water and milk together in a jug.

4. Stir the flour and curry powder into the sautéed onion. Pour in a quarter of the milk, whisking to remove any lumps and cook over medium heat for 2-3 minutes or until the sauce thickens. Stir in the remaining milk mixture, then stir in the lemon zest and tuna and mix well.

5. Place the broccoli in a microwave-safe bowl with a splash of water and cook on high for 2-3 minutes or until tender but still crunchy. (Alternatively, you can steam over a pan of simmering water on the stovetop).

6. Meanwhile, peel the eggs and slice. Fold the spinach into the curry. Cook for a minute or two until the spinach has wilted. Heat the brown rice pouches in the microwave for 90 seconds or according to packet instructions.

7. Divide the brown rice between bowls, top with the tuna curry and the sliced eggs. Serve with the steamed broccoli and lemon wedges on the side.
One Pan Green Shakshuka

Serves 6
Time 30 Mins

POWERED BY eggs
One Pan Green Shakshuka

INGREDIENTS

- 4 eggs
- 2 tbsp olive oil
- 2 leeks, white part only, thinly sliced
- 1 large green capsicum, de-seeded, diced
- 2 tsp ground cumin
- 1 tsp ground coriander
- ½ tsp dried chilli flakes
- 1 head of broccoli, cut into small florets
- 4 green onions, thinly sliced
- 80g baby spinach
- 1 cup vegetable or chicken stock
- ½ cup coriander sprigs, roughly chopped
- ½ cup mint leaves, roughly chopped
- 1 cup thick Greek yoghurt
- 1 tbsp harissa
- Extra mint and coriander leaves, to serve
- Chargrilled sourdough bread, to serve

METHOD

1. Heat oil in a large heavy-based frying pan over medium heat. Add leek and capsicum and stir until combined. Cook for 5 minutes or until softened.
2. Stir in cumin, coriander and chilli flakes and cook for 1 minute. Add broccoli, green onion, spinach and stock. Stir until combined.
3. Cover and cook for 2-5 minutes or until vegetables are just tender and stock has reduced slightly. Add chopped coriander and mint. Season with salt and pepper.
4. Use a spoon to form indentations in the veggie mixture. Crack an egg into each indent. Cover and cook for 6-8 minutes or until eggs are cooked to your liking. (It will continue to cook on standing.)
5. Meanwhile, place yoghurt into a bowl. Add harissa, salt and pepper. Swirl harissa through yoghurt. Serve shakshuka immediately, topped with harissa yoghurt and extra herbs with bread on the side.

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Sriracha Egg Dip

SERVES 4
TIME 15 MINS
Sriracha Egg Dip

INGREDIENTS

- 8 large eggs
- ½ red capsicum, finely diced
- 1 stick celery, finely diced
- ¼ cup thick Greek yoghurt
- Squeeze of lemon
- 1 tsp dill
- 2 tbsp sriracha
- Salt & pepper to taste
- Smoked paprika to garnish.

METHOD

1. Bring a saucepan of water to the boil. Add the eggs (prick the larger end of the eggs to ensure the shells don’t crack) and simmer for 8 minutes.

2. Drain and cover with cold water. Once cool enough to handle, peel and place in bowl.

3. Mash the eggs with a fork. Add all the other ingredients and mix to combine. Season to taste.

4. Serve in a bowl sprinkled with smoked paprika and serve with carrot & celery sticks and/or brown rice crackers or wholemeal pita chips.

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Zucchini and Egg Pizza

SERVES 2
TIME 40 MINS

POWERED BY eggs
Zucchini and Egg Pizza

INGREDIENTS

ZUCCHINI PIZZA BASE
• 1 egg, beaten
• 500g zucchini, grated (approx. 4 medium zucchinis)
• ½ cup (40g) grated parmesan cheese
• ⅓ cup quinoa flour
• ½ tsp dried Italian herbs

TOPPINGS
• 3 small (50g each) eggs
• 3 asparagus stalks, base trimmed
• 1 tbsp low salt pizza sauce
• 50g diced cooked skinless chicken
• ¼ cup finely sliced roasted red capsicum
• 4 bocconcini, halved
• Olive oil cooking spray
• Fresh basil for garnish (optional)

METHOD

ZUCCHINI PIZZA BASE
1. Preheat oven to 200°C/180°C (fan-forced) and line a pizza tray with baking paper.
2. Squeeze grated zucchini to remove as much moisture as possible. Toss into a bowl along with parmesan, flour, herbs and egg. Mix well.
3. Spoon zucchini mixture onto prepared baking tray to form a 25-30cm round or oval base, approx. 1cm thick. Bake 20 minutes or until golden.

TO ASSEMBLE
1. Using a potato peeler, slice asparagus lengthways into thin slices.
2. Spoon pizza sauce over pizza crust and arrange asparagus, chicken, capsicum and bocconcini over the top, leaving space for 3 eggs. Spray with cooking spray.
3. Crack eggs into each space and bake 10-12 minutes or until egg whites are set and yolks still creamy. Stand 5 minutes. Garnish with basil leaves and serve warm.

NUTRITION INFORMATION

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When eating to improve your heart health and cholesterol, consider¹,²:

1. Choosing brown or wholemeal pasta and rice
2. Cooking with healthy fats like olive oil
3. Choosing soy & linseed bread and oat or barley based cereals and wraps as the preferred types
4. Including salad vegetables in a mix of green leafy, yellow/orange and red
5. Adding vegetables like carrot, lettuce, cucumber, capsicum, celery and tomato to your meal
6. Using herbs and spices to flavour meals
7. Including fish and seafood in meals regularly

¹ (Dinu et al., 2017; Grosso et al., 2017; Rosato et al., 2017)

POWERED BY eggs
Zoodles & Egg Salad

SERVES 4
TIME 40 MINS

15 POWERED BY eggs
Zoodles & Egg Salad

INGREDIENTS

- 4 eggs
- 260g sweet berry truss tomatoes
- 1 cup finely grated parmesan
- 4 large zucchini, trimmed
- 2 tbsp olive oil
- 2 garlic cloves, crushed
- ½ cup small basil leaves

METHOD

1. Preheat oven to 200°C. Line 2 baking trays with baking paper. Place tomatoes onto one tray and drizzle with oil. Season with salt. Spread parmesan evenly onto remaining tray. Bake for 20 minutes or until tomatoes are tender and parmesan forms a golden melted crust. Break parmesan crisp into large shards.

2. Meanwhile, bring a medium saucepan of water to the boil. Reduce heat to low, and when bubbles subside, use a spoon to stir the water until a whirlpool forms. Break an egg into a small bowl and gently slide into whirlpool. Cook for 3 minutes or until white is cooked. Use a slotted spoon to transfer egg to a plate. Repeat with remaining eggs.

Stuffed Capsicums

SERVES 4
TIME 40 MINS

POWERED BY eggs
Stuffed Capsicums

INGREDIENTS

- 8 small eggs
- 4 large red capsicums, halved, seeds removed
- 2 tsp olive oil
- 1 small red onion, finely chopped
- 2 garlic cloves, crushed
- 2 tsp finely grated lemon zest
- 1 tsp ground cumin
- 1 tsp ground cinnamon
- 300g lean lamb mince
- 125g cup microwave basmati rice, cooked
- 1 cup canned diced tomatoes
- 2 tbsp toasted pine nuts
- 2 tbsp chopped fresh flat-leaf parsley, plus extra leaves to serve

METHOD

1. Preheat oven to 200°C/180°C fan forced and line a large baking tray with baking paper. Place capsicums on prepared tray and bake for 15 minutes.

2. Meanwhile, heat oil in a large non-stick frying pan over medium heat. Cook onion, stirring, for 4 minutes or until softened. Add garlic, lemon zest, cumin and cinnamon and cook, stirring, for 1 minute or until fragrant. Add mince and cook, breaking mince up with a wooden spoon for 3-4 minutes or until just cooked. Add rice, tomatoes and pine nuts and cook, stirring, for 2 minutes. Season with salt and pepper and stir in the parsley.

3. Drain any liquid from capsicums. Spoon filling into capsicums and make an indent in each. Carefully break an egg into indent and bake for 15 minutes or until eggs are cooked to your liking. Serve sprinkled with extra parsley.

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Turkey, Broccoli & Quinoa Burgers

SERVES 4
TIME 40 MINS

POWERED BY eggs
Turkey, Broccoli & Quinoa Burgers

INGREDIENTS

• 4 eggs
• 150g broccoli, trimmed, cut into florets
• 500g turkey breast mince
• 100g (½ cup) quinoa flakes
• 3 long green onions, thinly sliced
• 5 eggs
• 4 wholegrain buns, split, toasted
• 60g (¼ cup) hummus
• 60g mixed salad leaves
• 2 tomatoes, sliced
• 1 Lebanese cucumber, sliced
• 1 tbsp sriracha chilli sauce, plus extra, to serve

METHOD

1. Steam, boil or microwave broccoli until tender. Drain. Set aside to cool then finely chop.

2. Combine broccoli, mince, quinoa, green onions and one egg in a medium size bowl. Divide mixture into 4 portions. Shape each portion into 2cm-thick burger patties.

3. Heat oil in a large non-stick frying pan over medium heat. Cook patties for 3-4 minutes each side or until golden and cooked through.

4. Meanwhile, lightly spray a large non-stick frying pan with oil and heat over medium-high heat. Fry remaining eggs until cooked to your liking.

5. To assemble, spread bread roll bases with hummus. Top each with salad leaves, tomato, cucumber a burger patty and an egg. Drizzle with a little sriracha chilli sauce and enclose with bun tops.


NUTRITION INFORMATION

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DID YOU KNOW?

Although high cholesterol levels are associated with heart disease risk, cholesterol in itself is not necessarily bad. In fact, it’s essential to help process cell membranes, vitamin D, hormones, and bile acids.

Eggs are a source of dietary cholesterol but it is even more important what you eat with your eggs. It is recommended that eggs be eaten as part of a varied diet alongside foods that are good for the heart such as a fish, fruit, vegetables, whole grains, nuts and legumes.

Foods that contain both dietary cholesterol and saturated and/or trans fat have a greater impact on blood cholesterol levels than eggs which contain only dietary cholesterol with smaller amounts of saturated fat.

Sweet Potato & Chicken Pie with Tomato Olive Salsa

SERVES 4
TIME 60 MINS
Sweet Potato & Chicken Pie with Tomato Olive Salsa

INGREDIENTS

PIE
- 6 eggs
- 250g skinless chicken breast
- 700g sweet potato, peeled
- 250g frozen spinach, thawed
- 1/3 cup (80ml) milk
- 1/3 cup (25g) finely grated parmesan cheese

TOMATO & OLIVE SALSA
- ¼ red onion, finely chopped
- 200g grape tomatoes, chopped
- 1/3 cup (55g) pitted black olives, thinly sliced
- Pinch red chilli flakes
- 1 tbsp extra-virgin olive oil
- 2 tsp lemon juice

METHOD

1. Preheat oven to 180°C. Lightly spray a small non-stick frying pan with oil and heat over medium heat. Cook chicken for 4 minutes each side or until golden and cooked through. Transfer to a board and set aside to cool slightly. Shred chicken.

2. Lightly spray a 24cm (base measurement) x 4cm deep pie dish with olive oil. Cut two long strips of baking paper measuring 28cm long. Place strips into the base of the dish crossing over in the middle. This will make the pie easier to remove from the dish.

3. Slice sweet potatoes into thin (about 2-3mm thick) rounds. Place into a large microwave safe bowl and add 2 tablespoons of water. Cover and cook for 2 minutes. Stir, cover again and cook for a further 1-2 minutes or until sweet potatoes has begun to soften. Remove, drain and cool until cool enough to handle.

4. Arrange sweet potato slices into pie dish, overlapping to line the base and sides.

5. Squeeze out excess water from spinach.

6. Beat eggs in a large bowl. Add spinach, chicken and parmesan and stir to combine. Carefully pour filling over sweet potato base and cover dish with foil. Bake for 15 minutes. Remove foil and bake for a further 15-20 minutes or until filling is set. Let stand for 5 minutes before serving.

7. Meanwhile, combine onion, tomato, olives, chilli flakes, oil and lemon juice in a small bowl. Season with salt and pepper. Serve pie topped with the salsa for grownups and older kids and for babies and toddlers, cut into cubes.
Corn & Tuna
Sweet Potatoes

SERVES 4
TIME 95 MINS

POWERED BY eggs
Corn & Tuna Sweet Potatoes

INGREDIENTS

- 3 eggs, lightly beaten
- 2 x 500g sweet potatoes
- 2 x 125g cans corn kernels, drained
- 185g can tuna in oil, drained, flaked
- 2 tbsp chopped fresh flat-leaf parsley, plus extra to serve
- 50g (½ cup) grated tasty cheese
- Mixed salad, to serve
- Micro herbs or steamed green vegetables, to serve

NUTRITION INFORMATION

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METHOD

1. Preheat the oven to 190°C/170°C.
2. Place the sweet potatoes on a baking tray and bake for 50-60 minutes or until tender (test with a pointed knife in the side) and remove them from the oven and when cool enough to handle.
3. Cut the sweet potatoes in half horizontally and scoop out the flesh, leaving about 1cm in the skin.
4. Mash the sweet potato flesh with a fork and add the corn, tuna and parsley. Stir in the eggs, and season to taste. Place the sweet potato shells onto an oven tray lined with non-stick baking paper. Spoon the mixture into the sweet potato shells (if the shells are very soft, prop the sides with a little folded foil).
5. Sprinkle cheese on top and bake for 25 minutes or until golden. Serve immediately with salad or steamed green vegetables.
DID YOU KNOW?

Cholesterol levels are only one risk factor for heart disease. There are factors that cannot be controlled and some that can be modified by diet and lifestyle changes.

The most common contributors to heart disease risk include:

- Genetics
- Age
- Gender
- Ethnicity
- Diet
- High alcohol intake
- Physical inactivity
- Excess body weight
- Diabetes
- High blood pressure
- Depression & social isolation
- Smoking

Protein Packed Banana Porridge

SERVES 3
TIME 10 MINS

POWERED BY eggs
Protein Packed Banana Porridge

INGREDIENTS

- 1-2 eggs (use 2 eggs if they are small)
- 1 cup rolled oats
- 1 cup water
- ½ cup milk, plus extra to add during cooking
- 1 banana, preferably overripe
- Cinnamon to taste
- Honey or maple syrup to taste

METHOD

1. Finely slice or mash the banana and set aside. Whisk the egg/s and set aside.

2. Place the oats, water and milk in a saucepan. Bring to a boil then reduce heat to low and cook, stirring gently, for about 5 minutes or until the mixture starts to soften and thicken.

3. Add the banana, whisked egg and a pinch of cinnamon and cook for a further 2-3 minutes, stirring continuously, until the ingredients have been thoroughly incorporated and the egg has cooked into the porridge. If the porridge is too thick, add extra water or milk.

4. Serve the porridge hot with a drizzle of honey or maple syrup. Add toppings as desired.

NOTE: For a dairy free breakfast, simply use a non-dairy milk like almond, rice or coconut milk.
Healthy Boiled Egg Salad

SERVES 4
TIME 5 MINS

POWERED BY eggs
Healthy Boiled Egg Salad

INGREDIENTS
- 4 eggs
- 1 head cauliflower, cut into florets, large florets halved
- 400g can chickpeas, rinsed and drained
- 2 tbsp olive oil
- 60g baby spinach leaves
- ½ bunch radishes, thinly sliced
- ½ bunch mint leaves
- 1 tbsp currants

DRESSING
- ¼ cup tablespoon olive oil
- 1 tbsp lemon juice
- 1 tsp Dijon mustard
- Salt and cracked black pepper

METHOD
1. Preheat the oven to 220°C/200°C (fan-forced). Line a large oven tray with baking paper.
2. Half fill a medium saucepan with cold water. Gently lower in eggs. Bring to a simmer over medium heat and cook for 5 minutes for medium boiled eggs. Simmer the eggs for 8 minutes for hard boiled eggs. Use a slotted spoon to transfer to iced water. Peel and set aside.
3. Toss cauliflower and chickpeas in oil, salt and pepper on a prepared tray. Roast for 25 minutes, until cauliflower is tender and starting to brown around the edges.
4. For the dressing, whisk the olive oil, lemon juice, Dijon, salt and pepper together until combined. Set aside.
5. Toss radish, mint and currants though roast cauliflower and chickpeas. Top with halved eggs and drizzle with dressing.

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Mushroom & Tomato Omelette

SERVES 1
TIME 25 MINS
**Mushroom & Tomato Omelette**

**INGREDIENTS**
- 3 eggs, lightly beaten
- 85g button mushrooms, sliced
- 75g cherry tomatoes, halved
- 1 tbsp chopped basil
- Cracked black pepper
- 1 tbsp chopped flat leaf parsley
- 100g provolone, thinly sliced

**METHOD**

1. Heat a little oil in a large non stick frying pan. Add the mushrooms and cook over medium high heat for 4-5 minutes until golden brown. Add tomatoes and cook for 1-2 minutes until just starting to soften. Stir through basil and pepper. Remove, cover and keep warm. Wipe out the pan.

2. Whisk together the eggs, parsley and pepper. Heat a little extra oil in the same pan. Add the egg mixture and swirl around the pan, using a spatula to move gently until the omelette is just set.

3. Lay the provolone over half the omelette, cook for a minute then fold the other half over. Cook for another 1-2 minutes, then transfer to a serving plate and spoon over mushroom mix. Serve immediately.

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