

Broccolini Omelette



Preparation time:	10 mins
Serves:	2 people
User Rating:	★★★★☆

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Ingredients

- ½ bunch broccolini or 1 cup small broccoli florets
- 3 eggs, separated
- 1/2 tsp chilli flakes
- 30g low fat cheddar cheese, grated
- Olive oil spray
- Crisp green salad to serve

Method

1. Steam broccolini or broccoli until crisp tender.
2. Set aside and keep warm In a clean bowl beat the egg whites until they form soft peaks.
3. Whisk the egg yolks with the chilli flakes and fold the yolk through the egg whites.
4. Spray a non stick fry pan with olive oil spray and heat over medium heat.
5. Pour the mixture into the pan and cook for a few minutes or until the omelette is brown and firm.
6. Arrange the steamed broccolini over one side of the omelette and scatter with the grated cheese. Gently lift up the other side of the omelette and flip over the broccolini.
7. Place the pan under a hot grill until the omelette is cooked and the cheese is bubbling.
8. Remove from the heat, divide into two and gently lift onto two serving plates
9. Served with a crisp green salad

Nutritional Information

Serving size	Energy	Protein	Total fat	Saturated fat	Carbs (total)	Carbs (sugar)	Sodium	Fibre	Vitamin D
85g	548kj 131kcal	13.2g	8.4g	3.1g	0.4g	0.3g	184mg	0.3g	3.9µg

All nutrition values are per serve.