

# Egg & Avocado Flipover

Preparation time: 15 mins

Serves: 1 person

Categories:

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Quick & Easy,

Breakfast Recipes,

Vegetarian,

Meals for One

With avocado being one of the most popular breakfast topping options, our Egg & Avocado Flipover is bound to be a brunch winner or a quick and easy dinner!



## Ingredients

- 3 eggs, lightly beaten
- 60ml (¼ cup) low fat milk
- 1/3 cup grated cheddar cheese

- 3 tsp olive oil
- 1/2 small avocado, diced
- 1 small tomato, thinly sliced
- 2 tsp lemon juice
- 1 tbsp chopped fresh chives
- Basil, to serve
- Salt and pepper, to taste

## Method

1. Preheat the grill to high.
2. Whisk eggs and milk in a medium bowl and season with salt and pepper to taste.
3. Heat two teaspoons of the oil in a non-stick 20cm frying pan. Pour in egg mixture and cook over medium heat for 3-4 minutes or until almost set.
4. Sprinkle omelette with cheese and place under hot grill for a few minutes until puffed and golden.
5. Toss the avocado, tomato and lemon juice with the remaining teaspoon of oil.
6. Sprinkle the 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 the remaining herbs.

## Nutritional Information

Serving size	Energy	Protein	Total fat	Saturated fat	Carbs (total)	Carbs (sugar)
<b>481g</b>	<b>3110kJ</b> <b>743kcal</b>	<b>40.7g</b>	<b>59g</b>	<b>21g</b>	<b>8.1g</b>	<b>7g</b>
Sodium	Fibre	Vitamin D				
<b>1580mg</b>	<b>7.5g</b>	<b>10.4µg</b>				

All nutrition values are per serve.