

EGG OMELETTE WRAP

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Time: 5 mins

4 people

Categories: Breakfast Recipes, Lunch Recipes, Quick & Easy, Vegetarian, World Recipes

Omelette

Occasions: Lunch

Diets: Low fat, Vegetarian



INGREDIENTS

- 8 eggs
- 8 tbsp water
- Freshly ground black pepper
- 2 tbsp snipped chives
- 3 shallots, finely chopped
- 1/2 red capsicum, finely chopped
- 4 sheets flat or mountain bread
- Canola oil spray

METHOD

Beat eggs and water together with fork. Add pepper and stir through. Heat frying pan and spray with oil. When hot, pour in 1/4 of the egg mixture. Tilt pan and lift up the edge of the omelette so the egg mixture runs underneath. As the omelette begins to set sprinkle with a quarter of the chives, shallots and capsicum. Cook for a further minute and as soon as the omelette sets, remove from the pan & place on bread. Roll up and serve. Repeat 3 more times, spraying the pan with oil before cooking each omelette.

NOTES

Make it easy! How could something that tastes so delicious also be so healthy, you may ask. It's because eggs are packed full of nutrients providing the highest quality protein along with 18 different vitamins and minerals. Easy to prepare, this is a tasty and value-for-money meal or snack. If you don't have shallots or red capsicum, use whatever nutritious, tasty ingredients you have in the fridge.