

# FETA AND SPINACH OMELETTE

Published: 4 October 2013

Categories: Dinner Recipes, Breakfast Recipes, Lunch Recipes, Quick & Easy Omelette

Occasions: Breakfast, Dinner, Lunch



Preparation: **15** mins  
Serves: **2** people

## INGREDIENTS

- 1/2 bunch English spinach
- 1 tsp olive oil
- 1/2 small onion, finely chopped
- 1 garlic clove, crushed
- 30g reduced fat feta, crumbled
- 4 eggs
- Salad, to serve
- Crusty wholemeal bread, to serve

## METHOD

Pull the spinach leaves from the stalks. Wash and dry the leaves, then finely shred. Heat half of the oil in a 24cm (top measurement) non-stick frying pan. Cook the onion over medium heat for about 4-5 minutes, until soft and lightly golden.

Add the garlic and cook for 1 more minute. Add the spinach and mix through the onion. Stir until wilted slightly. Sprinkle the feta over the top.

Lightly beat the eggs in a jug, and season. Pour the eggs into a frying pan. Cook over medium low heat for 5 minutes, until set underneath. Cook the top of the omelette under a hot grill for 2-3 minutes, until set. Alternatively, slide the omelette onto a plate, and invert back into the pan. Slide out onto a plate and cut into 6 wedges. Serve with salad and crusty bread.

## NOTES

Add a sprinkle of ground pepper to season.