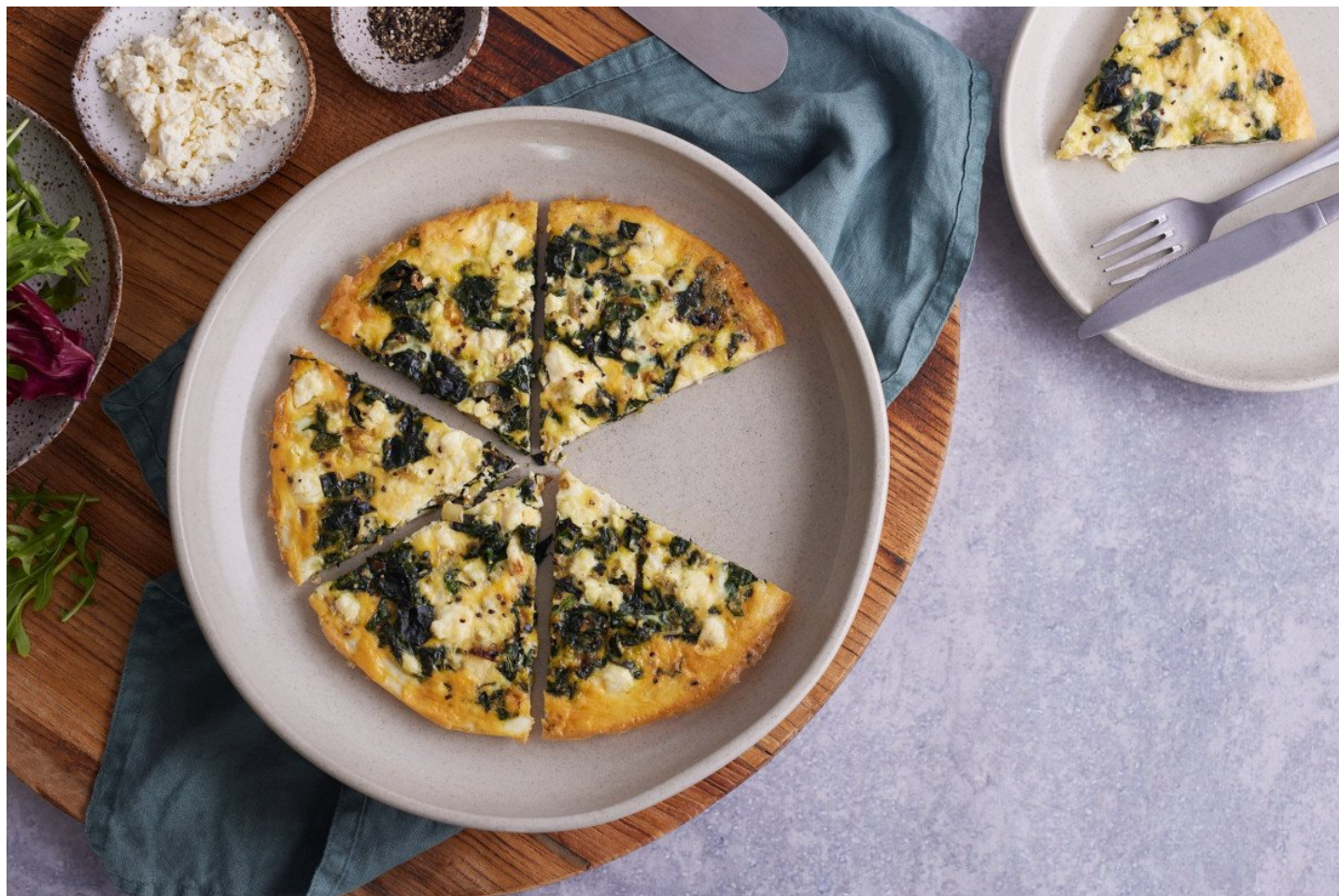


# Feta and Spinach Omelette

Preparation time: 15 mins  
Serves: 2 people  
User Rating: ★★★★★

Publication: 4 October 2019  
Categories: Dinner Recipes, Quick & Easy, Breakfast Recipes, Lunch Recipes, Vegetarian



## 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
- Salt & Pepper, to season

- Salad, to serve
- Crusty wholemeal bread, to serve

## Method

1. Pull the spinach leaves from the stalks. Wash and dry the leaves, then finely shred.
2. Heat half of the oil in a 24cm non-stick frying pan. Cook the onion over medium heat for about 4-5 minutes, until soft and lightly golden.
3. 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.
4. Lightly beat the eggs in a jug, and season with salt & pepper. 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.

## Nutritional Information

Serving size	Energy	Protein	Total fat	Saturated fat	Carbs (total)	Carbs (sugar)
<b>338g</b>	<b>1420kJ</b> <b>339kcal</b>	<b>25.8g</b>	<b>17.2g</b>	<b>4.9g</b>	<b>17.1g</b>	<b>5.1g</b>
Sodium	Fibre					
<b>550mg</b>	<b>6.8g</b>					

All nutrition values are per serve.