

Feta and Spinach Omelette



Preparation time: 15 mins

Serves: 2 people

User Rating: ★★★★★

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Categories: Quick & Easy, Dinner Recipes, 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)	Sodium	Fibre
338g	1420kj 339kcal	25.8g	17.2g	4.9g	17.1g	5.1g	550mg	6.8g

All nutrition values are per serve.