

# Herb Omelette with Yoghurt and Salmon Roe



Preparation time: 5 mins

Serves: 1 person

User Rating: ★★★★★

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Categories: Quick & Easy, Breakfast Recipes, Vegetarian, Meals for One



## Ingredients

- 2 eggs
- 3 large basil leaves, chopped
- 3 mint leaves, chopped
- 1 sprig flat leaf parsley, chopped
- 1 tbsp grated low fat tasty cheese
- 1 tsp chopped chives
- Olive oil spray
- Natural low fat yoghurt
- Salmon Roe

## Method

1. Lightly beat the eggs with pepper and 2 tbsp of water. Mix the herbs together and stir into the eggs.
2. Lightly spray the microwave omelette maker with olive oil and pour half of the egg mixture into each compartment.
3. Leave the omelette maker open and place in the microwave. Cook on HIGH for 30 seconds, stir from the outside to inside and continue to cook for a further 90 seconds on HIGH.
4. Remove from the microwave and sprinkle the cheese on one side of the omelette. Flip the omelette maker over to fold in half. Gently slide the omelette onto a warm serving plate.
5. Serve with a generous dollop of natural low fat yoghurt and salmon roe.

Notes

Tip: replace natural fat free yoghurt with creme fraiche

Nutritional Information

Serving size	Energy	Protein	Total fat	Saturated fat	Carbs (total)	Carbs (sugar)	Sodium	Fibre
190 g	973kJ 233kcal	18.8g	16.4g	4.7g	2.4g	2.2g	323mg	0.4g

All nutrition values are per serve.