

HERB OMELETTE WITH YOGHURT AND SALMON ROE

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Omelette

Occasions: Dinner, Lunch

Diets: High protein, Low gi



Preparation: 5 mins

Serves: 1 person

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

Lightly beat the eggs with pepper and 2 tbsp of water. Mix the herbs together and stir into the eggs. Lightly spray the microwave omelette maker with olive oil and pour half of the egg mixture into each compartment. 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. 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. Serve with a generous dollop of natural low fat yoghurt and salmon roe.

NOTES

Tip: replace natural fat free yoghurt with creme fraiche