

Mushroom and Tomato Omelette



Preparation time: 25 mins

Serves: 1 person

User Rating: ★★★★★

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



Ingredients

- 3 eggs, lightly beaten
- 85g button mushrooms, sliced
- 75g cherry tomatoes, halved
- 1 tbsp chopped basil
- Cracked black pepper
- 1 tbsp chopped flat leaf parsley
- 100g provolone, thinly sliced

Method

1. Heat a little oil in a large non stick frying pan. Add the mushrooms and cook over medium high heat for 4-5 minutes until golden brown. Add tomatoes and cook for 1-2 minutes until just starting to soften. Stir through basil and pepper. Remove, cover and keep warm. Wipe out the pan.

2. Whisk together the eggs, parsley and pepper. Heat a little extra oil in the same pan. Add the egg mixture and swirl around the pan, using a spatula to move gently until the omelette is just set.
3. Lay the provolone over half the omelette, cook for a minute then fold the other half over. Cook for another 1-2 minutes, then transfer to a serving plate and spoon over mushroom mix. Serve immediately.

Nutritional Information

Serving size	Energy	Protein	Total fat	Saturated fat	Carbs (total)	Carbs (sugar)	Sodium	Fibre
400g	2460kJ 588kcal	49.7g	41.5g	21.3g	2.3g	2.2g	1220mg	2.8g
Vitamin D								
11.5µg								

All nutrition values are per serve.