

Mushroom Soufflé Omelette



Preparation time: 30 mins

Serves: 2 people

User Rating: ★★★★★

Publication: 5 October 2020

Categories: Quick & Easy, Dinner Recipes, Breakfast Recipes, Lunch Recipes, Vegetarian



Ingredients

- 1 tablespoon olive oil
- 400g Swiss brown mushrooms, sliced
- Salt and pepper
- 4 eggs
- 2 tbsp milk
- ¼ teaspoon table salt
- 20g melted butter
- ¼ cup finely grated parmesan
- ¼ cup crème fraîche
- Finely grated parmesan, extra, to serve
- 2 tbsp finely chopped chives

Method

- 1. Heat oil in a large 25cm non-stick frying pan over medium-high heat. Add the mushrooms, season with salt and pepper and cook for 6-7 minutes or until golden. Remove, cover and keep warm. Wipe out the pan.
- 2. Separate eggs, placing egg yolks into a small bowl and egg whites into a large bowl. Add milk to egg yolks and whisk with a fork. Using a hand beater, whisk egg whites and the ¼ teaspoon salt until stiff peaks form.
- 3. Heat the frying pan over medium heat. Brush with butter to grease. Using a large metal spoon, gently fold the egg yolks into the egg whites.
- 4. Pour half the mixture into the pan and cook for 4-5 minutes, or until golden and the eggs are just set. Spoon over half the crème fraiche, parmesan and mushrooms and carefully fold the omelette in half. Cook for 1 minute or until almost set.
- 5. Transfer to a serving plate (omelette will continue cooking once removed from heat). Repeat using remaining eggs, crème fraiche, cheese and mushrooms. Sprinkle with chives, extra parmesan and pepper to serve.

Nutritional Information

Serving size	Energy	Protein	Total fat	Saturated fat	Carbs (total)	Carbs (sugar)	Sodium	Fibre	Vitamin D
278g	1570kJ 375kcal	11.8g	34.6g	17.5g	2g	2g	563mg	3g	4.5µg

All nutrition values are per serve.