

Omelette with Crab and Dill Filling



Preparation time: 5 mins

Serves: 4 people

User Rating: ★★★★★

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Categories: Quick & Easy, Dinner Recipes, Lunch Recipes



Ingredients

- 8 eggs
- 2 tbsp reduced fat cheese, grated
- 300 g crabmeat, cooked
- 1 spring onion, finely sliced
- ½ bunch dill, chopped
- ¼ lemon, juiced
- Pepper

Method

- 1. Turn on the grill to medium heat. In a bowl combine crabmeat, spring onion, dill, lemon juice and season with pepper.
- 2. Crack the eggs into a bowl add cheese and whisk, season with a pinch of pepper. Heat a non stick fry pan, add a ¼ of the egg mixture and cook gently stirring occasionally until almost set.
- 3. Spoon a ¼ of the crab mixture onto the omelette, place under the grill to warm through.
- 4. Remove from grill and fold in a rolling motion. Place onto a plate, garnish with sprigs of dill and sliced spring onions. Repeat the process to make the remaining omelettes.

Notes

crab can be replaced with cooked, peeled and chopped prawns or smoked salmon

Nutritional Information

Serving size	Energy	Protein	Total fat	Saturated fat	Carbs (total)	Carbs (sugar)	Sodium	Fibre
174g	875kj 209kcal	29.6g	9.6g	3.2g	0.5g	0.4g	506mg	0.8g
Vitamin D								
6.9µg								

All nutrition values are per serve.