

Spinach and Feta Omelette with Pine Nuts and Parsley



Preparation time: 7 mins

Serves: 2 people

User Rating: ★★★★★

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Categories: Dinner Recipes, Breakfast Recipes, Lunch Recipes, Vegetarian, Meals for One



Ingredients

- 2 large eggs
- 1/2 cup baby spinach
- 1 bunch flat leaf parsley, torn
- 2 tablespoons reduced fat feta, crumbled
- 2 tablespoons pine nuts, raw or toasted
- Wholegrain bread, for serving
- Pepper to taste
- Oil spray
- Wholegrain bread to serve

Method

- 1. In a medium bowl, beat the eggs with a pinch of pepper.
- 2. Heat a non-stick pan over medium heat, spray with oil and add the eggs. Cook, stirring and tilting the pan until just set, about 2 to 3 minutes.
- 3. Sprinkle with the spinach, parsley, pine nuts and feta; fold the eggs over the filling.
- 4. Transfer to a plate and serve with the wholegrain bread.

Notes

Prepare the filling first before starting on the eggs

Nutritional Information

Serving size	Energy	Protein	Total fat	Saturated fat	Carbs (total)	Carbs (sugar)	Sodium	Fibre
139g	1540kj 368kcal	19.1g	25.8g	4.5g	13.6g	1.4g	464mg	3.7g

All nutrition values are per serve.