

Superfood Omelette



Preparation time:	20 mins
Serves:	2 people
User Rating:	★★★★☆

Publication: 6 October 2015

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

This superfood omelette is packed with vitamins that will have you set and ready for the day.

Feel free to also add other leafy veggies in your fridge that are about to turn to make sure you avoid any food waste!



Ingredients

- Cooking oil spray
- 2 cups torn or baby kale leaves
- 3 eggs, at room temperature
- 2 tbsp cold water
- ¼ cup pine nuts
- 50g crumbled goat's cheese

Method

1. Set the pine nuts in a tray and pop them in the oven for a few minutes to toast. Remove from oven when toasted and set aside.

