

# Courgette & Vegetable Omelette

Recipe recommended by Rebecca Szczypka  
BANT Registered Nutritionist ®



## MACRONUTRIENT VALUES PER 100G

Nutritional values per 100g		
	PER 100G	%RI
Energy (kj)	478 kj	6%
Energy (kcal)	115 kcal	6%
Fat	8.6g	12%
of which saturates	4g	20%
Carbohydrate	1.8g	1%
of which sugars	1.2g	1%
Fibre	0.7g	3%
Protein	7.1g	14%
Salt	0.46g	8%

Generated by Nutritics v5.61

**INGREDIENTS: (Serves 1, approx 344kcal per 300g serving):**

### OMELETTE:

2 medium **EGGS** - whisked  
25g feta cheese (**MILK**) – crumbled  
Butter (**MILK**) (optional)

### FILLING:

½ a red onion - sliced  
1 medium courgette – sliced lengthways and then into half moons  
10 cherry tomatoes – halved  
200g spinach  
1 tbsp Olive oil  
½ tsp Chili flakes (optional)  
Handful of fresh parsley – chopped (optional)  
Salt and pepper to season

### METHOD:

1. For the filling, heat a medium sized pan, add ½ the olive oil and the onions. Cook until soft and translucent. Add the courgette and tomatoes and season with some salt and pepper. Cook for a further 5 minutes – until the tomatoes start to break down. Lastly, add the spinach and toss through till wilted. Add chili flakes and parsley as desired. Set the pan aside and start on the omelette.
2. Heat a second pan over a medium heat and add the rest of the olive oil (or butter / coconut oil). Add the eggs and leave for 10 – 15 seconds to begin to set. Use a spatula to gently push the eggs from the edges of the pan towards the middle allowing the less cooked egg to spread to the outside of the pan.
3. Cook until almost set (no visibly runny egg) and add c. ¼ of the warm filling.
4. Lastly, crumble over the feta cheese, fold the omelette in half and transfer to a plate.
5. This dish makes a versatile breakfast/ brunch, or lunch and dinner option with a side of salad or vegetables.

### ALLERGENS



**EGGS**



**MILK**

### MODIFY

Use dairy free alternative cheese alternatives

Store in the fridge for 3-5 days

Try as: an omelette filling, with wholegrain pasta, or add to brown rice or noodles for a stir-fry

### CREDIT

Recipe and photo by:  
Rebecca Szczypka

