

SYDNEY MARKETS
fresh for
Kids

Tomato, spinach & bocconini omelette pizza



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Preparation 15 mins | Cooking 5 mins | Serves 2-4

6 free-range eggs
1 tbs water
30g baby spinach leaves, finely chopped + extra leaves to serve
olive oil cooking spray
200g tomato medley or cherry tomatoes, halved
100g bocconcini, drained and sliced

STEP 1 Preheat a grill on medium-high heat. Crack eggs into a medium bowl. Add water and whisk until foaming. Stir in spinach.

STEP 2 Spray a 23cm base non-stick ovenproof frying pan with oil to grease. Heat over medium-high heat. Add eggs and swirl to coat base of the pan. Shake the pan over heat, cooking until eggs are almost set. When almost set (but still runny on the top), scatter with tomatoes and bocconcini.

STEP 3 Place pan under the preheated grill and cook until egg is set. Turn pizza omelette onto a board. Sprinkle with extra spinach leaves and serve.

Good for you... **SPINACH**

Although the iron in spinach is not well absorbed, its high content of vitamins C, E, beta carotene (converts to vitamin A in the body), niacin (B3), folate, vitamin B6 plus its magnesium and potassium make it one of the most valuable vegetables. Spinach is rich in an antioxidant called lutein, which is important for eye health.



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