



## MUSHROOM, SPINACH & CHEESE OMELETTE



## MUSHROOM, SPINACH & CHEESE OMELETTE

Preparation 15 mins | Cooking 15 mins | Serves 2

- 1 tbs olive oil + olive oil spray
- 200g button mushrooms, sliced
- 50g baby spinach leaves
- 3 free-range eggs, at room temperature
- 2 tbs cold water
- ½ cup grated tasty cheese + extra to serve
- Halved mini roma tomatoes and extra baby spinach leaves, to serve

**STEP 1** Heat 2 tsp oil in a medium frying pan over medium heat. Add mushrooms and cook for 2-3 minutes until softening. Toss through spinach leaves and cook until wilted. Transfer mushroom mixture to a plate. Wipe pan clean.

**STEP 2** Separate eggs, placing yolks in a small bowl and the whites in a large bowl. Using an electric hand beater, whisk egg whites until soft peaks form. Lightly beat egg yolks and water with a fork. Using a large metal spoon, gently fold yolks through the egg whites.

**STEP 3** Grease the frying pan with oil spray and heat over medium heat. Pour half the egg mixture into the pan. Gently shake the pan so egg mixture evenly covers the base. Cook until base is golden and eggs are almost set. Sprinkle half the omelette with half of the mushroom mixture. Sprinkle with half the cheese. Fold omelette in half and cook until almost set. Transfer to a plate.

**STEP 4** Repeat using remaining eggs, cheese and mushroom mixture. Serve omelettes with extra cheese, tomatoes and baby spinach leaves.

### Good for you... **SPINACH**

Provides vitamin C and beta carotene (which is converted to vitamin A in the body). These vitamins contribute to the body's immune function. Also a source of vitamin B6 which is needed for normal metabolism of protein and folate, a B vitamin that contributes to reducing tiredness.



**SYDNEY MARKETS** For more fresh fruit & veg recipes visit [www.sydneymarkets.com.au](http://www.sydneymarkets.com.au)

Neither whole nor part of this leaflet may be reproduced without written permission from Sydney Markets Limited. SPR19