

Spinach, mushroom & cheese omelettes



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Preparation: about 10 minutes

Cooking: about 20 minutes

Serves: 2

1 tbs olive oil
2 tbs pine nuts
1 garlic clove, finely chopped
200g button mushrooms, thinly sliced
75g baby spinach leaves
6 free range eggs
Salt and ground black pepper
2 tbs water
2 tsp butter
¼ cup grated reduced fat tasty cheese

1. Heat oil in a medium frying pan over medium heat. Add pine nuts and cook for 1–2 minutes until golden. Remove to a plate using a slotted spoon. Add garlic and mushrooms. Cook, stirring often, for 5 minutes. Add spinach, cover and cook until spinach wilts. Set aside.
2. Crack eggs into a bowl, add pinch salt and water, and beat well with a fork. Heat a medium non-stick frying pan over medium heat until hot. Add butter, when bubbling, add half the eggs and tilt pan to spread egg evenly over base. When omelette begins to firm, sprinkle over half the cheese. Top with half the mushroom and spinach mixture. Ease edges of omelette and fold over. When it starts to turn golden brown, slide omelette onto a serving plate. Repeat, and make another omelette, using the remaining ingredients.



Spinach

- Spinach is rich in an antioxidant called lutein, which is needed by the eyes, especially as we grow older.
- Spinach is an excellent source of dietary fibre, which keeps the intestine functioning well.
- Although the iron in spinach is not well absorbed, its high content of vitamins C and E, beta carotene (converts to vitamin A in the body), niacin (B3), folate, vitamin B6, magnesium and potassium make it one of the most valuable vegetables.

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