

Turkey cheese omelette



Serves

1 person

Prep Time

Cooking

Total Time

Calories

274 kcal

Stuff that's in it:

- 2 Eggs
- 60G Egg Whites
- 50G Chestnut Mushroom
- 30G Tomatoes (Chopped)
- 10G Spinach (Shredded)
- 1 Turkey Rasher
- 23G Eat Lean Cheese (Cubed)
- Thumb Of Oil Around The Pan To Grease

What you do:

Pop your grill on to pre heat, medium.

Fry your turkey bacon and mushroom with a thumb of oil.

Leave to cool.

Whisk your egg and egg white together.

Pop a small fry pan on and smear a thumb of oil around the bottom to make it extra non stick, heat then

add the egg mixture, allow the egg to go opaque at the bottom before adding any toppings so they don't sink. Add your turkey, tomato, spinach, mushrooms and cheese.

Use a spatula to loosen all around the edge.

Pop under grill for around 2 minutes, close door, check half way through if it's your first time. Remove with tea towel or oven mitts, use a spatula to remove on to plate and sprinkle with seasoning and spinach.

Nutrition

- Carbs: 4g
- Fat: 12g
- Protein: 35g

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