

Breakfast Stir Fry

Serves: 1

Prep time: 5 minutes

Cook time: 10 minutes



2 ½ serves per portion

Ingredients

2 tsp olive oil

½ medium red onion, chopped

½ small zucchini, chopped

3 broccoli florets, chopped

1 cup baby spinach

1 egg

1 tablespoon fresh parsley, chopped

Black pepper



Everyday Food

Method

HEAT oil in frypan over high heat.

ADD onion, zucchini and broccoli and stir fry for a few minutes until tender.

ADD baby spinach and stir until wilted. Transfer vegetables to serving bowl and set aside.

BEAT egg, parsley and pepper together in a small bowl. Add to frypan and swirl to coat base.

Cook until just set.

TRANSFER omelette to chopping board to cool and rest for 1-2 minutes. Roll and slice into strips and serve over the stir-fried vegetables.

Recipe courtesy of Melissa Stevenson, Chinchilla Branch