

Zucchini Omelette

Serves: 2

Prep time: 5 minutes

Cook time: 5 minutes



1 ½ serves per portion

Ingredients

1 tablespoon olive oil

½ cup zucchini, grated

¼ cup red onion, chopped

4 eggs

¼ teaspoon thyme or mixed herbs

Cracked black pepper

⅓ cup tomato, seeded and skinned

3 tablespoons parmesan cheese, grated

1 cup baby spinach leaves, wilted in boiling water

Method

HEAT oil in frypan over medium heat. Add zucchini and onion, cooking until onions are soft.

WHISK eggs in small bowl. Add herbs and pepper and pour mixture over vegetables.

COOK over medium heat until eggs are set. If needed, lift the edges of the omelette to allow any uncooked eggs on the surface flow underneath.

TOP with tomato and cheese. Cover with a lid for 1-2 minutes until cheese melts.

SERVE with wilted greens.



Everyday Food

Recipe courtesy of the Country Kitchens team