

**MUSHROOM OMELETTE (NO CHEESE)** 15 minutes 1 portion**INGREDIENTS**

- 1 tsp of oil, olive, salad or cooking (5 g)
- 20g mushrooms, white, sliced
- 1 large sprig of parsley, fresh, roughly chopped
- 2 units of eggs, chicken, beaten

COOKING METHOD

- 1° Heat the olive oil in a small non-stick frying pan. Tip in the mushrooms and fry over a high heat, stirring occasionally for 2-3 mins until golden. Lift out of the pan into a bowl and mix with the parsley. Place the pan back on the heat and swirl the eggs into it. Cook for 1 min or until set to your liking, swirling with a fork now and again. Spoon the mushroom mix over one half of the omelette. Using a spatula or palette knife, flip the omelette over to cover the mushrooms. Cook for a few moments more, lift onto a plate and serve.
- 2° 1 tbsp olive oil handful button or chestnut mushrooms, sliced small handful parsley leaves, roughly chopped 2 eggs, beaten

NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION (89 g)	% DRI
ENERGY	78 kcal	69 kcal	3 %
PROTEIN	8 g	7 g	14 %
CARBOHYDRATE	0 g	0 g	0 %
SUGARS	0 g	0 g	0 %
FAT	5 g	5 g	6 %
FATTY ACIDS, TOTAL SATURATED	1 g	1 g	3 %
FIBER	0 g	0 g	1 %
SODIUM	135 mg	120 mg	5 %