

**MUSHROOM OMELETTE** 15 minutes 1 portion**INGREDIENTS**

- 1 tsp of oil, olive, salad or cooking [5 g]
- 20g mushrooms, white, sliced
- 25 grams of cheese, Cheddar, English, grated
- 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 cheese and 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 25g vegetarian cheddar, grated small handful parsley leaves, roughly chopped 2 eggs, beaten

NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION (114 g)	% DRI
ENERGY	152 kcal	173 kcal	9 %
PROTEIN	12 g	13 g	27 %
CARBOHYDRATE	0 g	0 g	0 %
SUGARS	0 g	0 g	0 %
FAT	12 g	13 g	19 %
FATTY ACIDS, TOTAL SATURATED	5 g	6 g	30 %
FIBER	0 g	0 g	1 %
SODIUM	265 mg	300 mg	13 %