

**HAM & MUSHROOM OMELETTE**

1 portion

INGREDIENTS

- 3 large eggs, (150 g)
- 2 large egg whites, (66 g)
- 30ml of almond milk, unsweetened or 30ml skim milk
- 1 tsp of olive oil, (5 g)
- 1 clove of garlic, minced (3 g)
- 100 grams of mushrooms, white, raw
- 50 grams of ham, sliced, deli meat
- 1 cup of baby spinach, raw (30 g)

COOKING METHOD

- 1° Crack the eggs into a bowl with the egg whites and milk. Whisk until well combined. Set aside.
- 2° Heat olive oil in a non-stick pan over a medium heat and saute the garlic and mushrooms for 2 minutes.
- 3° Mix in the ham and baby spinach and cook for a further 2 minutes. Transfer to a bowl.
- 4° Keep the pan over a medium heat and pour the egg mixture into the pan. Continue cooking for a few minutes until the egg mixture begins to set.
- 5° Add the ham, mushroom and spinach mix to the middle of the omelette. Flip one half of the omelette over the filling.
- 6° Serve the omelette on a plate.

NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION (434 g)	% DRI
ENERGY	89 kcal	385 kcal	19 %
FAT	5 g	22 g	34 %
FATTY ACIDS, TOTAL SATURATED	1 g	6 g	31 %
CHOLESTEROL	134 mg	580 mg	193 %
SODIUM	194 mg	842 mg	35 %
CARBOHYDRATE	2 g	8 g	3 %
SUGARS	1 g	4 g	—
FIBER	0 g	2 g	7 %
PROTEIN	9 g	39 g	—