

# omelette with herbs<sup>...</sup>

 SERVES 1 person

 PREP TIME 5 mins

 COOK TIME 10 mins

## PER SERVE

Calories: 149 Cal (or 623 kJ)

Fat: 10.1 g

Saturated fat: 2.8g

Protein: 13.2g

Carbohydrate: 1.3g

Sugars: 1.3g

Fibre: 0.4g

Cholesterol: 415mg

Sodium: 313mg

- 2 eggs whisked (eggs each 50g with shell)
- handful herbs chopped (we used parsley & chives)
- 1 tablespoon reduced fat ricotta (5% fat)
- smoked salt & pepper
- oil spray



*Perfect for breakfast or lunch, this herb omelette is a delight!*

Whisk eggs and herbs, season with salt and pepper. Spray small frying pan with oil over a medium heat. Pour eggs into pan, top with ricotta, smoked salt and pepper. Cook until edges set, lift edges let uncooked egg run underneath. Fold and flip. Cook until set.