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BREAKFAST OMELETTE

SERVES 1

Ingredients

Eggs, 3 whole	50gm rocket leaves
1 tsp chia seeds	10 sprigs parsley, chopped
1 tomato, vine ripened, diced	Salt and pepper to taste
1 large field mushroom, roughly chopped	Parsley sprigs

Method

1. Whisk eggs and chia seeds together, set aside.
2. Heat a medium sized non-stick pan and sauté mushroom until golden. Add tomato, salt and pepper and rocket leaves.
3. Pour the egg and chia seed mix and allow the egg to cook evenly. Gently pull the egg back from the edges of the pan with a spatula to allow uncooked egg to run on to the pan.
4. When cooked through enough, use the spatula to gently fold the omelette in half or roll into a cigar shape. Tip on to plate and serve immediately.

