



Chicken omelet

10'
Hands on

5'
Cook Time

2
Portion(s)

1
Difficulty



Ingredients

- 3 eggs, medium
- salt
- pepper
- 2 tablespoon(s) olive oil
- 100 g chicken, cooked, leftover
- 1 teaspoon(s) thyme leaves
- 50 g parmesan cheese, grated

To serve

- thyme
- baby rocket
- cherry tomatoes, cut in half

Διατροφικός πίνακας

Nutrition information per portion

392 Calories (kcal)	28.0 Total Fat (g)	9.3 Saturated Fat (g)	2.1 Total Carbs (g)
20%	40%	47%	1%
0.6 Sugars (g)	32.0 Protein (g)	0.5 Fibre (g)	1.8 Sodium (g)
1%	64%	2%	30%

Method

- Whisk the eggs, salt, and pepper into a [bowl](#).
- Place a non-stick [frying pan](#) over high heat, add the olive oil, spread it over the whole surface, and count 30'' for it to heat up.
- As soon as the olive oil starts moving to the sides of the pan, add the eggs and lower the heat.
- Attention! Do not flip the omelet over. With a wooden spatula, take the mixture from the sides of the omelet and bring it to the center.
- Follow the same process for 1 minute, until the omelet is cooked through.
- Finely chop the cooked chicken and the thyme.
- When the omelet is ready, remove the pan from the heat, and -in the center- add the finely chopped chicken, the thyme, and half of the parmesan.
- Take the pan, tilt its edge over the plate, and with your hand, flip the one edge of the omelet inwards to roll it and put it on the plate.
- Sprinkle with thyme and serve with rocket leaves and halved cherry tomatoes.