



Spinach and Ricotta Omelet

35 minutes

Hands on

8

Portion(s)

1

Difficulty



Ingredients

- 4 eggs, medium
- 260 g spinach, frozen
- 150 g potatoes
- 1 onion
- 1 tablespoon olive oil
- 100 g ricotta cheese
- 3 tablespoons milk
- 60 g cherry tomatoes
- 1 tablespoon dill, finely chopped
- 1 spring onion
- salt
- pepper
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Method

- Preheat the broiler to 210* C (410* F) Fan.
- Place the frozen spinach in a strainer and then under running water until it defrosts. Drain well and set aside.
- Thinly slice the potatoes on a mandolin or with a sharp knife. They should be about 2-3 mm thick.
- Add them to a pot full of boiling water and some salt. Boil for 2-3 minutes and remove with a slotted spoon. Set aside.
- Thinly slice the onion and sauté it for 2-3 minutes in an ovenproof pan along with some olive oil.
- Add the potatoes and sauté for 2 minutes.
- Crack the eggs into a bowl and whisk.
- Add the ricotta, milk, spinach, salt and pepper.
- Whisk and add to the pan.
- Cook for 3-4 minutes and transfer to oven. Bake for 10-15 minutes.
- Cut the cherry tomatoes in half. Finely chop the dill and spring onion.
- When the omelet is ready, remove from oven, add the cherry tomatoes, dill and spring onion. Serve.

Διατροφικός πίνακας

Nutrition information per portion

155 Calories (kcal)	9.7 Total Fat (g)	3.5 Saturated Fat (g)	6.3 Total Carbs (g)
8%	14%	18%	2%
2.4 Sugars (g)	9.2 Protein (g)	2.6 Fibre (g)	0.73 Sodium (g)
3%	18%	10%	12%