



Brunch Omelet

15 minutes

Hands on

2

Portion(s)

1

Difficulty



Ingredients

- 3 tablespoon(s) olive oil
- 1 spring onion
- 250 g baby spinach
- 2 pinches vegetable bouillon powder
- 3 eggs
- 200 g goat cheese
- thyme, fresh
- pepper

Διατροφικός πίνακας

Nutrition information per portion

541 Calories (kcal)	43.0 Total Fat (g)	22.0 Saturated Fat (g)	2.7 Total Carbs (g)
27%	61%	110%	1%
1.3 Sugars (g)	35.0 Protein (g)	3.0 Fibre (g)	2.4 Sodium (g)
1%	70%	12%	40%

Method

- Place a pan over medium heat and add 2 tablespoons of olive oil.
- Finely chop the spring onion and add it to the pan. Sauté.
- Add the spinach. Stir and sauté for 1 minute, until it wilts.
- Add a pinch of bouillon granules and stir.
- Transfer to a plate and set aside.
- Place the same pan over medium to low heat and add 1 tablespoon of olive oil.
- Crack the eggs into a bowl and add another pinch of bouillon granules.
- Whisk and add to the pan.
- As soon as the edges of the omelet turn white, start to drag the edges of the omelet towards the center with a spoon.
- At the point where most of the omelet is cooked and it needs to cook a little more on the bottom, turn off heat.
- Crumble the goat cheese and sprinkle over the omelet.
- Add the spinach and spread.
- Position the pan on a working surface at 45°. The omelet will seem like it's going to slide off the pan. With one easy tilt, serve the omelet onto a plate.
- Serve with some olive oil, fresh thyme and freshly ground pepper.

Tip