



# Wild Greens Omelet

20'  
Hands on

20'  
Cook Time

4  
Portion(s)

1  
Difficulty



## Ingredients

- 1/2 kilo wild greens, wild
- 3-4 eggs
- salt
- pepper
- olive oil, some

## Διατροφικός πίνακας

Nutrition information per portion

159 Calories (kcal)	12.0 Total Fat (g)	2.4 Saturated Fat (g)	1.9 Total Carbs (g)
8%	17%	12%	1%
1.5 Sugars (g)	9.8 Protein (g)	3.9 Fibre (g)	1.5 Sodium (g)
2%	20%	16%	25%

## Method

Photo credit: G.  
Drakopoulos - Food Styling: T. Webb

This is an old fashioned dish that many of our parents or grandparents were raised on. Pick your own wild greens if you can and use organic eggs for a completely natural meal with an old fashioned feel to it!

- Wash the wild greens. Boil them in a large pot full of water and a generous amount of salt for 10-15 minutes, until they soften.
- Drain and let them sit in the strainer until all of the liquid has drained.
- Place a large, deep frying pan over high heat. Let it get very hot and add some olive oil and the wild greens.
- Sauté until all of the juices evaporate, stirring with a spoon.
- Beat the eggs in a bowl using a hand whisk. Season with salt and pepper. Pour over the greens in the pan.
- Turn the heat to medium and cook the omelet on one side.
- Use a plate to help you flip it and cook the other side.

## Tip

Serve with some crunchy country bread and some cheese!