



Greek zucchini omelet – Tirititim

10'
Hands on

30-60 minutes'
Hands off

15'
Cook Time

8-10
Portion(s)

1
Difficulty



Ingredients

- 800 g zucchinis, very fresh
- salt
- 6 mint leaves, + extra to serve
- 5 spring onions, finely chopped + extra to serve
- pepper
- 8 eggs, medium
- 2 tablespoon(s) olive oil, for the frying
- 100 g feta cheese, cut into cubes, to serve
- 1/2 tomato, peeled and cut into cubes, to serve

Διατροφικός πίνακας

Nutrition information per portion

143 Calories (kcal)	10.0 Total Fat (g)	3.2 Saturated Fat (g)	2.0 Total Carbs (g)
7%	14%	16%	1%
1.8 Sugars (g)	8.9 Protein (g)	2.5 Fibre (g)	0.53 Sodium (g)
2%	18%	10%	9%

Method

- Cut the zucchini into 3-5 mm cubes and add them to a colander.
- Sprinkle with a little salt and allow 30 minutes for them to extract their excess water.
- If you want, rinse and “drain” them by squeezing them in a towel. Otherwise, simply allow 30 minutes to 1 hour for them to drain well.
- Transfer the zucchini into a [bowl](#), add the mint, the spring onions, salt, pepper, and mix well.
- Place a 28 cm [frying pan](#) over medium heat, add the olive oil, the vegetables, and sauté for 4-5 minutes.
- At the same time, beat the eggs well and add them to the pan.
- With a fork, check if the omelet is cooked through and with a plate, flip it over and cook it on the other side, too.
- Serve it garnished with the mint, the spring onions, the feta cheese, and the tomato.