



Cheese and turkey omelet roll

10'
Hands on

10'
Cook Time

5
Portion(s)

1
Difficulty



Ingredients

- 8 eggs
- salt
- pepper
- 5 tablespoon(s) olive oil
- 150 g smoked turkey, cut into pieces
- 300 g mixed cheeses, light, grated
- 1 red bell pepper
- 2 tablespoon(s) oregano

To serve

- 100 g rocket
- 1 tablespoon(s) olive oil
- pepper

Διατροφικός πίνακας

Nutrition information per portion

380 Calories (kcal)	25.0 Total Fat (g)	10.0 Saturated Fat (g)	3.9 Total Carbs (g)
19%	36%	50%	2%
2.0 Sugars (g)	33.0 Protein (g)	1.6 Fibre (g)	2.3 Sodium (g)
2%	66%	6%	38%

Method

- In a **bowl**, whisk together the eggs, salt and pepper until the yolks are completely incorporated. The mixture will be ready when no egg sticks to the whisk.
- Place a **nonstick pan** over medium to high heat. Add 1 tablespoon of olive oil and spread in the pan with a pastry brush.
- Use a **ladle** to scoop up some of the egg mixture and add it to the pan.
- Add 30 g of turkey pieces, 60 g of the grated cheeses, 60 g of diced bell pepper and some oregano.
- Cook for 2-3 minutes and transfer it to a **chopping board**.
- Roll half of it and set aside.
- Place pan back over heat and add 1 tablespoon of olive oil and another scoop of the egg mixture.
- Add 30 g of turkey pieces, 60 g of the grated cheeses, 60 g of diced bell pepper and some oregano.
- When ready, transfer it to the chopping board making sure its edge touches the edge of the previous omelet on the board.
- Roll the first omelet along with the second omelet, again leaving space enough to add the third omelet.
- Place the same pan over heat and follow the same process until you have made 5 omelets.
- Roll the omelets until you have created a 5 omelet roll.
- Wrap the omelet roll in 2 sheets of aluminum foil so it resembles a piece of candy.
- Let it rest for 5 minutes.
- Remove the aluminum foil and cut into slices with a serrated knife.
- Serve with rocket leaves, 1 tablespoon of olive oil and freshly ground pepper.