



Vegan omelet

10'
Hands on

15'
Cook Time

6
Portion(s)

2
Difficulty



Method

Special thanks to Agapi Kidonaki for this recipe!

- In a **bowl**, whisk the chickpea flour with the water, salt, and pepper.
- Remove seeds and juice from the tomatoes and **cut** them into cubes. Add them to the mixture.
- Heat the olive oil in a **pan** over medium heat. Randomly cut the potatoes and sauté them for 2 minutes in the olive oil.
- Add the mixture to the pan, covering the potatoes with it.
- Allow 5-7 minutes. Turn over the omelet and sauté for 5-7 more minutes.
- Remove pan from heat and transfer the omelet to a **plate**.
- **Cut the cherry tomatoes in half** and decorate the omelet.
- Sprinkle with finely chopped parsley and serve.

Ingredients

- 150 g chickpea flour
- 200 g water
- salt
- pepper
- 2 tomatoes, medium
- 40 g olive oil
- 3 potatoes, medium-sized, boiled, peeled
- 100 g cherry tomatoes, to serve
- 2 tablespoon(s) parsley, finely chopped, to serve

Διατροφικός πίνακας

Nutrition information per portion

213 Calories (kcal)	8.1 Total Fat (g)	1.1 Saturated Fat (g)	26.0 Total Carbs (g)
11%	12%	6%	10%
2.4 Sugars (g)	7.0 Protein (g)	4.0 Fibre (g)	0.17 Sodium (g)
3%	14%	16%	3%