FFC
FIT FAST COOK
HOMEMADE IS HEALTHY

Pizza omelette



Serves	Prep Time	Cooking	Total Time	Calories
2 people				**kcal**

Stuff that's in it:

• 3 Eggs

• ½ Red Pepper (Chopped)

• ¼ Red Onion (Diced)

• 5 Plum Tomatoes (Halved)

• Handful Spinach

• Small Cooked Chicken Breast (Sliced)

• 5 Slices Pepperoni

• 20G Cheddar

What you do:

Pre heat your grill onto medium.

Squirt a little oil in a pan, gently fry tomato, onion and pepper for 2 minutes, add spinach and wilt.

Remove into a bowl, whisk eggs until smooth and frothy, place pan back on heat, add egg mixture, allow to cook on the bottom first, then add your cooked veg so it doesn't sink all the way through, run a spatula around the edges.

Gently to loosen the sides and underneath so it doesn't stick, add your chicken, pepperoni and cheese

cubes, pop under the grill for a few minutes until Risen and golden, serve immediately.

Nutrition

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