

Chilli Cheese Omelette



Serves
1 person

Prep Time

Cooking

Total Time

Calories

287 kcal

Stuff that's in it:

- 100G Egg Whites
- 1 Egg
- 21G Mature Lighter Cheddar (Cubed)
- Spinach (Shredded)
- Red/Yellow Peppers (Diced)
- 2 Slices Bacon Medallions
- ½ Tsp Oil
- ¼ Chopped Chilli Pepper

What you do:

Here's a warming breakfast that's super high protein and will keep you fuller for longer!

Pre heat your grill.

In a small non stick pan, squirt a little oil. add your bacon and gently fry for a few minutes each side, remove, let cool and slice.

Add the peppers and cook for a minute then add the tomatoes and fry for another minute.

Remove from pan, wipe and add a thumb of oil,☐☐you want to make sure the egg doesn't stick to the bottom.

Whisk the egg and egg white together and pour into a heated pan,☐add the egg mixture.

Allow the omelette to congeal slightly before adding any topping, use a spatula to gently lift all around the edges so it doesn't stick. Add the toppings then pop under the grill for around 2 minutes until fluffy.

Nutrition

- Carbs: 4g
- Fat: 13g
- Protein: 35g

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