



Red Med Omelette



Serves	Prep Time	Cooking	Total Time	Calories
1 person				225 kcal

Stuff that's in it:

- 1 Tsp Oil
- 1 Clarence Court Egg
- 100G Egg Whites
- 1 Large Vine Tomatoe (Quartered)
- 69G Mushrooms (Sliced)
- 50G Red Pepper (Diced)

What you do:

Pre heat your grill.

Whisk your egg and egg whites in a bowl.

Pan fry your mush and pepper for 2 mins with oil, add the tomato and cook for another minute. Remove from pan, add the egg mix, cook until bottom solidifies, add toppngs, pop under grill for 2 mins until fluffy!

Nutrition

- Carbs: 8g
- Fat: 10g

• Protein: 21g

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