

Chicken n Cheese Omelette



Serves	Prep Time	Cooking	Total Time	Calories
1 person				239 kcal

Stuff that's in it:

- 1 Egg
- 85G Egg Whites
- ½ Tomato (Chopped)
- 10G Spinach (Shredded)
- 50G Flame Grilled Chicken Breast (Sliced)
- 23G Eat Lean Cheese (Cubed)
- Thumb Of Oil Around The Pan To Grease

What you do:

Pop your grill on to pre heat, medium.

Whisk your egg and egg white together.

Pop a small fry pan on and smear a thumb of oil around the bottom to make it extra non stick, heat then add the egg mixture, allow the egg to go opaque at the bottom before adding any toppings so they don't sink. Add your chicken, tomato and cheese. use a spatula to loosen all around the edge.

Pop under grill for around 2 minutes, close door , check half way through if it's your first time. Remove with tea towel or oven mitts, use a spatula to remove on to plate and sprinkle with seasoning and spinach.

Nutrition

- Carbs: 5g
- Fat: 8g
- Protein: 36g

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