



# Green Chorizo Omelette



| Serves          | Prep Time | Cooking | Total Time | Calories        |
|-----------------|-----------|---------|------------|-----------------|
| <b>1 person</b> |           |         |            | <b>245 kcal</b> |

### Stuff that's in it:

- 20G Chorizo (Sliced)
- 3 Large Slices Of Tomato
  - 40G Red Pepper
  - 30G Spinach
- 100G Egg Whites
- 1 Medium Egg

### What you do:

Pop your grill on to a medium heat.

Add your egg , spinach and egg whites to a bender cup and use a hand held stick blender to wizz up to a smooth consistency.

In a small fry pan, add the chorizo , red pepper and tomato and gently fry for 2/3 minutes.

Remove from pan and leave in residual oil from Chorizo.

Re heat the fry pan and add the green 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 add under the grill for around 2 minutes.

### **Nutrition**

- Carbs: 6g
- Fat: 13g
- Protein: 5g

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