



OMELETTE

 1 portion

INGREDIENTS

- 3 portions of omelette, plain, homemade (360 g)
- 100 grams of spinach, baby, raw
- 1 salad portion of tomatoes, cherry, raw (34 g)
- 1 cup of slices of mushrooms, portabella, grilled (121 g)
- 1 medium unit of leeks, raw (160 g)
- 1 tub of salad, tomato and onion (250 g)

COOKING METHOD

- 1° Whisk the eggs and on a frying pan add 2 tbsp olive oil. Heat and add the egg
- 2° Whisk the eggs and on a frying pan add 2 tbsp olive oil. Heat and add the egg
- 3° Add the spinach, sliced leek, tomatoes (cut in 1/2) and mushrooms. PS. the mushrooms can be sauteed separately in olive oil, 1 tsp soy sauce and 2 garlic cloves
- 4° Season the salad with olive oil, balsamic vinegar, oregano and basil (my suggestion - Balsamic Sainsbury's TtD)

NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION (956 g)	% DRI
ENERGY	86 kcal	819 kcal	41 %
PROTEIN	5 g	46 g	92 %
CARBOHYDRATE	2 g	20 g	8 %
SUGARS	2 g	15 g	17 %
FAT	7 g	63 g	90 %
FATTY ACIDS, TOTAL SATURATED	1 g	11 g	55 %
FIBER	1 g	7 g	27 %
SODIUM	63 mg	602 mg	25 %