

# GARDEN GREENS OMELETTE

Prep Time  
15 mins

Cook Time  
10 mins

Serves  
1



RICH IN ENERGY



RICH IN PROTEIN



GREAT ANYTIME MEAL

*Easy, delicious and nutritious!*

Join passionate foodie and pancreatic cancer survivor Tino, as he cooks his favourite, nutritious meals in the PanChef kitchen.

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## GARDEN GREENS OMELETTE

### INGREDIENTS

- 1 tablespoon of butter
- 1 tablespoon of vegetable oil
- 3 eggs
- 30 ml of cream
- 2 broccolini stalks
- 3 asparagus spears – cut on the angle
- 8 snow peas
- 50 grams of feta cheese
- 50 grams of mozzarella cheese
- Salt and pepper
- Chopped continental parsley

### METHOD

Pre-cook broccolini, asparagus and snow peas in salted boiling water for 2 minutes, then set aside to cool down.

Prepare the eggs by beating them with a fork or whisk, then add in the cream along with a pinch of salt and pepper.

In an ovenproof non-stick frying pan, melt the butter and oil over a medium heat and then add in the egg mixture. Cook for approximately 2-3 minutes, then to 1 half of the omelette add your pre-cooked broccolini, asparagus, snow peas, feta and mozzarella. Fold the other half over the top.

Place the frying pan into a 180 degree pre-heated oven for 5 minutes.

#### To serve

Serve on a plate topped with chopped continental parsley.

### Handy dietary tips

- Eggs are a good source of energy and protein and provide a versatile and nourishing meal option.