

Egg White Omelette

This easy to make omelette can be a great start to your day for breakfast or enjoyed at any time of the day. The best thing about making an omelette is that you can add in whatever you have in your fridge!

Ingredients

6 eggs (remove the yolk for 5 of the 6 eggs)

Half an onion

2 cloves of garlic

Half a pepper

Handful of spinach

Cheese (optional)

Instructions

1. Heat oil in an oven proof pan then add onion and garlic, keep on a medium to high heat for 5mins.
2. Add pepper and spinach then reduce heat.
3. Beat 6 eggs in a bowl after removing the yolks of 5 eggs, add 2 tbsp of water to help rise.
4. Pour the beaten eggs on top of the filling and cook on a low heat for 3-5mins.
5. Finally put the pan under the grill for 3-5 mins, add optional cheese.

