

Cheese and Vegetable Omelette



2:1 ratio

- **Preparation time:** 10 minutes
- **Cooking time:** 10 minutes
- **Recipe makes** 1 portion

Recipe provides **approximately:**

Nutritional content	Quantity	Your recipe
Fat	46.7g	
Protein	20.7g	
Carbohydrate	2.4g	
Energy (calories)	513kcal	



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Ingredients	Quantity	Your recipe
Eggs, beaten	100g	
Double Cream e.g Morrisons/ Tesco	45g	
Olive oil	6g	
Red pepper, chopped	15g	
Courgette, chopped	55g	
Cheddar cheese, grated	25g	
Salt & pepper	To taste	

Method:

1. In a bowl, mix eggs, cream and salt and pepper (as desired).
2. Heat olive oil in a small frying pan over a medium heat, add the red pepper and courgette, fry for 3-4 minutes until softened.
3. Pour egg mixture into pan and cook for a further 3-4 minutes until starting to set and the underside has turned golden brown.
4. Flip the omelette over and sprinkle with cheese. Cook for 2-3 minutes until the underside is golden and the cheese has melted.



- Instead of flipping the omelette, sprinkle the grated cheese on top and place under the grill until cooked and cheese has melted.

**This recipe has been specifically designed for use in a ketogenic diet.
Refer to labels for allergens and other product information.**