

Omelette

Ingredients

1 small tin of tuna or a cup of cooked chicken or 1-2 rashers of diced bacon

3 eggs

1/3 of a thinly sliced leek or 2-3 shallots or spring onions

2 leaves of kale chopped

1 small grated zucchini

Pinch of salt and pepper

Some fresh dill and parsley finely chopped

Olive oil

Method

In a small frying pan gently fry the vegetables and choice of meat with a good dash of oil .

Add the parsley and dill last .

Beat the eggs till light and fluffy with the salt and pepper, then pour over the vegetables .

Put the lid on and cook for 3-5 minutes , until the eggs are firm.

Loosen around edges and underneath and turn onto plate.

This makes a great breaky for those long days when time is stretched .

Great with avocado or a little chilli jam

