

Feta & Spinach Omelette

Cooking Time 15 minutes (preparation time 5 minutes) Serves 2

Ingredients

- 1/2 bunch English spinach
- 1 teaspoon olive oil
- 1/2 small onion, finely chopped
- 1 garlic clove, crushed
- 30g reduced fat feta, crumbled
- Pepper to taste
- 4 eggs
- Salad, to serve
- Crusty wholemeal bread, to serve



Method

1. Pull the spinach leaves from the stalks. Wash and dry the leaves, then finely shred.
2. Heat half of the oil in a 24cm (top measurement) non-stick frying pan. Cook the onion over medium heat for about 4 –5 minutes, until soft and lightly golden.
3. Add the garlic and cook for 1 more minute. Add the spinach and mix through the onion. Stir until wilted slightly. Sprinkle the feta over the top.
4. Lightly beat the eggs in a jug, and season. Pour the eggs into a frying pan. Cook over medium low heat for 5 minutes, until set underneath. Cook the top of the omelette under a hot grill for 2 – 3 minutes, until set. Alternatively, slide the omelette onto a plate, and invert back into the pan. Slide out onto a plate and cut into 6 wedges.
5. Top with feta and spinach mixture, serve with salad and crusty bread.