

Mushroom Omelette

Serves 1



Serving Suggestion

Typical values per portion

Energy	1293kJ /311kcal
Fat	25.5g
Of which saturates	6.9g
Carbohydrate	1.3g
Of which sugars	1.3g
Protein	19.4g
Fibre	0.2g
Salt	1.1g
Vitamin D	8.6µg
Calcium	549mg

All of the omelette recipes can be varied according to taste and to ring the changes – how about adding cheese, tomatoes, onion...

Ingredients:

2 Medium eggs

40g The Laughing Cow® Nutrient Fortified

20g Sliced mushrooms

10g Oil

Method:

1. Beat the eggs
2. Add in The Laughing Cow® Nutrient Fortified and beat again
3. Heat 10g oil in an omelette pan
4. Add sliced mushrooms to oil until soft
5. Set mushrooms aside, kept warm
6. Pour in the egg mix to the omelette pan and allow to set as it cooks
7. Add mushrooms to half the omelette & fold over
8. Turn out onto a warm plate to serve

ALLERGENS: Milk, Egg

For Allergens, always check labelling of specific ingredients used

- ✓ Versatile cheese ingredient
- ✓ Rich in Protein
- ✓ Rich in Calcium
- ✓ Rich in Vitamin D

