



MUSHROOM OMELETTE

ALLERGIES:

No grains
No dairy
No gluten
No nuts
Low disaccharides

Prep time: 15 mins

Cook time: 20 mins

Serves: 2

INGREDIENTS

- **OMELETTE**
- 4 eggs
- 3 tbsp water (or chicken stock)
- 20g coconut oil
- **MUSHROOM FILLING**
- 40g coconut oil
- 200g sliced baby mushrooms
- 1 clove garlic, crushed
- 2-3 large spinach leaves (chopped)
- 2 tbsp coconut flour
- 1/4 tsp salt
- 1/2 cup coconut yoghurt (plain)
- 1 tsp lemon or lime juice
- 3/4 cup non dairy milk (coconut, almond, soy)
- 2 tbsp coriander, fresh, finely chopped

METHOD

- Whisk eggs and water (stock) together in bowl and set aside.
- Make mushroom filling by:
- Melt coconut oil in frying pan.
- Add mushrooms and garlic and stir until cooked. (about 5-10 minutes)
- Add spinach leaves and stir for a few minutes until wilted
- Stir in coconut milk, salt and flour.
- Bring to the boil, and simmer until reduced (minimal liquid remains)
- Remove from heat and add yoghurt, lemon juice and half coriander. Set aside.
- Cook omelette by pouring half mixture onto base of flat frying pan.
- Cook on medium heat until cooked through, and slide onto serving plate.
- Place mushroom mixture over half egg base, and fold other half over top.
- Sprinkle with remaining coriander to serve. Repeat for second omelette.
- Serve immediately

