



Black Bean Omelette

Serves 4

What you need to do

For the salsa:

1 tomato, diced
½ small onion, diced
½ lime, juice only
handful coriander, chopped

For the omelet:

1 can (14 oz./400g) black beans, drained
1 lime, juiced
¼ tsp. cumin
hot sauce, to taste
1 tsp. olive oil
8 eggs
salt & pepper
½ cup (75g) feta, crumbled
1 avocado, sliced

To make salsa:

Combine all of the salsa ingredients in a bowl, season to taste with salt and pepper, and mix well. Set aside until needed.

To make the omelet:

Pulse the black beans, lime juice, cumin, and a few drops of hot sauce in a food processor until it has the consistency of refried beans.

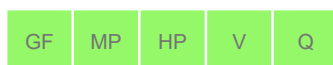
Heat ½ teaspoon of oil in a small non-stick pan over medium heat. Crack two eggs into a bowl and beat with a bit of salt and pepper.

Add the eggs to the pan, then use a spatula to lift the cooked egg on the bottom to allow raw egg to slide under.

When the eggs have set, place the omelet on a plate and spoon a quarter of the black bean mixture and 2 tablespoons feta down the middle of the omelet.

Fold the edges over the center, top with ¼ of the salsa and a few avocado slices.

Repeat with the remaining ingredients to make four omelets.



| Prep | Cook | Kcal | Fats(g) | Carbs(g) | Protein(g) |
|---------|---------|------|---------|----------|------------|
| 10 mins | 15 mins | 384 | 23 | 25 | 23 |

*Nutrition per serve

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