



Mushroom & Brie Omelette

Serves 4

1 clove garlic, minced
2 cups (200g) mushrooms
8 eggs
7 oz. (200g) brie cheese, sliced
4 oz. (120g) rocket
1 tbsp. olive oil
salt & pepper

What you need to do

1. Heat a large non-stick frying pan over high heat, greased with a little bit of oil. Slice the mushrooms and cook, stirring occasionally, for 5-7 minutes. Transfer to a bowl and set aside.
2. Heat a small non-stick frying pan over medium-high heat, greased with a small amount of oil. Whisk the eggs in a large pot with $\frac{1}{4}$ cup (60ml) cold water. Season well with salt and pepper.
3. Pour quarter of the eggs into the pan and cook the omelet. Top with a quarter of the earlier prepared mushrooms and quarter of the brie. Transfer onto a serving plate, top with a handful of rocket. Serve immediately.
4. Repeat this process with the remaining eggs, mushrooms, brie and rocket to make a further 4 omelets.

GF LC HP V

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
10 mins	20 mins	359	27	4	25

*Nutrition per serving

