



Sweet Potato Spanish Omelette

Serves 2

1 tbsp. olive oil
1 cup (130g) sweet potatoes,
peeled, diced
1 small onion, chopped
½ red bell pepper, chopped
1 cup (70g) mushrooms
chopped
2 handfuls spinach, chopped
4 eggs, beaten
¼ cup (35g) feta cheese,
cubed
salt & pepper

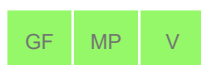
What you need to do

Preheat the grill to a medium-high heat.

Heat the oil in a medium ovenproof frying pan and fry the sweet potatoes for 3 to 4 minutes, until they start to soften. Add the onion and cook for another 2 minutes, then add the pepper and mushrooms and cook for 3 minutes, stirring continuously. Finally add the spinach and cook for 1-2 minutes, until the spinach has wilted.

Pour in the beaten eggs and tip the pan so that the eggs run evenly across the vegetables, covering the pan. Season with salt and pepper. Cook for a further 3 to 4 minutes, until the bottom of the omelet begins to set.

Top the eggs with cubed feta and place the pan under the grill for about 5 minutes to cook the top. The omelet is done when the eggs have completely set. Serve immediately.



Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
12 mins	20 mins	352	20	25	19

*Nutrition per serve

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