



Tuna Omelette

Serves 2

2 tsp. coconut oil
1 red bell pepper, diced
1x 4 oz. (110g) can tuna, in
brine, drained
2 tbsp. cream cheese, like
Philadelphia
6 eggs
chili flakes, to garnish
salt & pepper

What you need to do

Heat 1 teaspoon of oil in small frying pan over a medium heat and sauté the bell pepper for about 3 minutes. Remove from the heat.

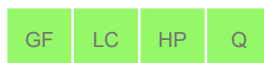
In a bowl, mix the bell pepper, drained tuna and cream cheese. Set aside.

In a separate bowl, beat the eggs together. Season with salt and pepper.

In the same frying pan, heat the remaining 1 teaspoon of oil over medium-high heat, taking care not to burn the coconut oil. Pour in half the eggs. Wait until the eggs on the bottom of the pan start to set.

Working quickly, use a spatula or wooden spoon to draw in the sides of the eggs to the center. Gently shake the pan to redistribute the egg to the edges. Continue cooking until the eggs are almost set.

Spoon half the tuna mixture onto the omelet and gently lift one edge to fold over in half. Cook for another minute. Then transfer the omelet onto a serving plate and garnish with chili flakes, season with sea salt and pepper. Now repeat the process for the second omelet. Once both omelets are cooked serve immediately.



Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
5 mins	10 mins	356	20	5	37

*Nutrition per serve

myfitnesspal



04121529